

# NALU SPA

AT TURTLE BAY RESORT

# April Wellness

## Nalu Spa Operating Hours & Spa Special

*Monday thru Thursday 9am - 6pm*

*Friday thru Saturday 8am - 7pm*

*Sundays 8am - 6pm*

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• Ask your Fitness Instructor for their favorite spa service and enjoy a 10% discount! Please present referral card at time of appointment to redeem benefit.

• Elevator to Spa is Located next to the Fitness Center

## Complimentary Classes for Resort Guests

*Check-in at Movement Studio*

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- Sunday: 9:30am Guided Meditation
  - Monday: 10:30am Vinyasa Flow
  - Tuesday: 5:30pm Sunset Yoga
  - Wednesday: 9:30am Ocean Yoga
  - Thursday: 7:30pm Restorative Yoga
  - Friday: 5:30pm Sound Bowl
  - Saturday: 8:30am Ocean Yoga

## Special Wellness Classes Happening This Month

*Check-In at Spa*

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- New Moon Movement and Meditation: Gentle flow with Sound Bowls on April 8th at 6:00pm
  - Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation Pink Moon on April 23rd at 6:30pm
  - Earth Day Yoga and Meditation on April 22nd

## Fitness & Training

*We are happy to provide private and group training for our guests and wellness members. Private Group, Personal Training, Yoga, and Pilates sessions are available. For any inquiries, reservations, or private sessions, please call us at 808.447.6868 or email us at [Nalu@TurtleBayResort.com](mailto:Nalu@TurtleBayResort.com)*

## Passes and Memberships

*Ask our fitness attendant about our bundles and passes to save money on fitness! Depending on your need, we have options from 5 Class Pass or Week Gym Pass, to our Wellness Membership, which includes all classes plus discounts.*



# April Fitness Classes

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Please meet at our movement studio on the lobby level 10-minutes prior to class to ensure enough time to check in.

|                         | <u>SUNDAY</u>            | <u>MONDAY</u>       | <u>TUESDAY</u>     | <u>WEDNESDAY</u>   | <u>THURSDAY</u>         | <u>FRIDAY</u>      | <u>SATURDAY</u>   |
|-------------------------|--------------------------|---------------------|--------------------|--------------------|-------------------------|--------------------|-------------------|
| <b>Pilates Reformer</b> | -                        | -                   | 7:30am<br>8:30am   | 7:30am<br>8:30am   | 7:30am<br>8:30am        | 7:30am<br>8:30am   | 8:30am<br>9:30am  |
| <b>7:30am</b>           | Vinyasa Flow             | Nalu Spin           | Slow Burn          | HIIT               | <u>Restorative Yoga</u> | Nalu Spin          | Barre             |
| <b>8:30am</b>           | Restorative Yoga         | Ocean Yoga          | Yoga Sculpt        | Yoga Sculpt        | Vinyasa Flow            | Ocean Yoga         | <u>Ocean Yoga</u> |
| <b>9:30am</b>           | <u>Guided Meditation</u> | Barre               | Nalu Spin          | <u>Ocean Yoga</u>  | Yoga Sculpt             | Yoga Sculpt        | Vinyasa Flow      |
| <b>10:30am</b>          | Sound Bowl               | <u>Vinyasa Flow</u> | Restorative Yoga   | Arms, Abs, & Booty | Nalu Spin               | Arms, Abs, & Booty | Sound Bowl        |
| <b>5:30pm</b>           | -                        | -                   | <u>Sunset Yoga</u> | Sunset Yoga        | Sunset Yoga             | <u>Sound Bowl</u>  | -                 |

Below pricing is for Kama'aina and Resort Guests:

- Pilates classes are \$40, and take place in our Pilates Studio
- Group classes are \$25, and take place in our Movement Studio
- Underlined classes are complimentary for resort guests



Scan for more information on NALU SPA