

NALU SPA

AT TURTLE BAY RESORT

May Wellness

Nalu Spa Operating Hours & Spa Special

Monday thru Thursday 9am - 6pm

Friday thru Saturday 8am - 7pm

Sundays 8am - 6pm

• 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: 10:30am Restorative Yoga
 - Wednesday: 5:30pm Sunset Yoga
 - Thursday: 8:30pm Vinyasa Flow
 - Friday: 8:30am Ocean Yoga
 - Saturday: 10:30am Sound Bowl

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 May 7th at 6:30pm
 - Mother's Day Goddess Yoga & Tarot Reading on May 12th at 10:30am
 - Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation Flower Moon on May 23rd at 6:30pm

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

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.



May Fitness Classes

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

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	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Pilates Reformer	-	-	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am
7:30am	Vinyasa Flow	Nalu Spin	Slow Burn	Stretch & Strength	Restorative Yoga	Nalu Spin	Restorative Yoga
8:30am	Restorative Yoga	Restorative Yoga	Arms, Abs, & Booty	Arms, Abs, & Booty	<u>Vinyasa Flow</u>	<u>Ocean Yoga</u>	Ocean Yoga
9:30am	<u>Guided Meditation</u>	Barre	Yoga Sculpt	Ocean Yoga	Barre	Yoga Sculpt	Vinyasa Flow
10:30am	Sound Bowl	<u>Vinyasa Flow</u>	<u>Restorative Yoga</u>	Yoga Sculpt	Arms, Abs, & Booty	Arms, Abs, & Booty	<u>Sound Bowl</u>
11:30am	-	-	-	Restorative Yoga	-	-	-
5:30pm	-	-	Sunset Yoga	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