

NALU SPA *September Wellness*

Nalu Spa Operating Hours & Spa Special

Sunday thru Thursday 8am - 6pm

Friday thru Saturday 8am - 7pm

• Elevator to Spa is Located next to the Fitness Center

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 7:30am Balance by Breath
- Monday: 8:30am Ocean Yoga
- Tuesday: 7:30am Strength & Stretch
- Wednesday: 5:30pm Sleep Yoga
- Thursday: 10:30 Tighten & Tone
- Friday: 5:30pm Sound Bowl
- Saturday: 9:30am Restorative Yoga

Special Wellness Classes Happening This Month

Check-In at Spa

- New Corn Moon Movement and Meditation: Gentle flow and meditation on September 2nd at 6:30pm

- Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation Corn Moon on September 17th 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

Fitness Passes

Ask our fitness attendant about our bundles and passes to access our fitness center and classes!



September Fitness Classes

NALU SPA

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>
Pilates Reformer	7:30am 8:30am	7:30am 8:30am	-	-	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am
7:30am	<u>Balance by Breath</u>	Nalu Spin	<u>Strength & Stretch</u>	Restorative Yoga	Restorative Yoga	Nalu Spin	Balance by Breath
8:30am	Vinyasa Flow	<u>Ocean Yoga</u>	Arms, Abs & Booty	Ocean Yoga	Vinyasa Flow	Ocean Yoga	Vinyasa Flow
9:30am	Restorative Yoga	Barre	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Restorative Yoga	<u>Restorative Yoga</u>
10:30am	Sound Bath	<u>Vinyasa Flow</u>	Restorative Yoga	Vinyasa Flow	<u>Tighten & Tone</u>	Tighten & Tone	Sound Bath
5:30pm	-	Sound Bath	Sunset Yoga	<u>Sleep Yoga</u>	<u>Sleep Yoga</u>	<u>Sound Bath</u>	-

Below pricing is for Kama'āina 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