

# NALU SPA

AT TURTLE BAY RESORT

# July Wellness

## Nalu Spa Operating Hours & Spa Special

*Sunday thru Thursday 8am - 6pm*

*Friday thru Saturday 8am - 7pm*

- 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*

- Sunday: 7:30am Vinyasa Flow
- Monday: 8:30am Restorative Yoga
- Tuesday: 10:30am Tone & Tighten
- Wednesday: 8:30am Ocean Yoga
- Thursday: 10:30am Sound Bath
- Friday: 5:30pm Sunset Yoga
- Saturday: 10:30am Vinyasa Flow

## Special Wellness Classes Happening This Month

*Check-In at Spa*

- New Moon Movement and Meditation: Gentle flow on July 5th at 6:30pm
- Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation Buck Moon on July 21st 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](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.*



# July Fitness Classes

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

## NALU SPA

AT TURTLE BAY RESORT

	<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 8:30am	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am	-
<b>7:30am</b>	<u>Vinyasa Flow</u>	Nalu Spin	Full Fire	Guided Meditation	Vinyasa Flow	Nalu Spin	Restorative Yoga
<b>8:30am</b>	Restorative Yoga	<u>Restorative Yoga</u>	-	<u>Ocean Yoga</u>	Tone & Tighten	-	Ocean Yoga
<b>9:30am</b>	-	Barre	Yoga Sculpt	Restorative Yoga	Yoga Sculpt	Mat Pilates	-
<b>10:30am</b>	-	Vinyasa Flow	<u>Tone &amp; Tighten</u>	Vinyasa Flow	<u>Sound Bath</u>	Vinyasa Flow	<u>Vinyasa Flow</u>
<b>5:30pm</b>	-	-	Sleep Yoga	-	Sleep Yoga	<u>Sunset Yoga</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