

NALU SPA

AT TURTLE BAY RESORT

August 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: 9:30am Guided Meditation
- Monday: 10:30am Vinyasa Flow
- Tuesday: 7:30am Strength & Stretch
- Wednesday: 8:30am Ocean Yoga
- Thursday: 5:30pm Sleep Yoga
- Friday: 10:30am Balance by Breath
- Saturday: 10:30am Sound Bath

Special Wellness Classes Happening This Month

Check-In at Spa

- New Moon Movement and Meditation: Gentle flow and meditation on August 4th at 6:30pm
- Full Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation Sturgeon Moon on August 19th 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.



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

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