

NALU SPA *November Wellness*

Nalu Spa Hours & Fall into Relaxation Specials

Sunday thru Thursday 8am - 6pm

Friday thru Saturday 8am - 7pm

- Autumn Glow Facial
- Honey Hydration Body Wrap
- Nourishing Harvest Massage
- Pumpkin Latte Mani & Pedi

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- Sunday: 10:30am Sound Bath
- Monday: 8:30am Ocean Yoga
- Tuesday: 10:30am Restorative Yoga
- Wednesday: 8:30am Vinyasa Flow
- Thursday: 6:30am Balance by Breath
- Friday: 5:30pm Sound Bath
- Saturday: 10:30am Sound Bath

Special Wellness Classes Happening This Month

Check-In at Spa

- New Beaver Moon Movement and Meditation: Gentle Flow & Meditation November 1st at 5:30pm
- Super Beaver Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation November 15th at 5:30pm
- Family Yoga November 25th at 4pm
- Vino & Vinyasa Happy Hour Flow November 27th at 4pm

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!



October 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
6:30am	-	-	-	-	<u>Balance by Breath</u>	-	-
7:30am	<u>Balance by Breath</u>	Restorative Yoga	Strength & Stretch	Restorative Yoga	Restorative Yoga	Restorative Yoga	<u>Balance by Breath</u>
8:30am	Vinyasa Flow	<u>Ocean Yoga</u>	Arms, Abs & Booty	Ocean Yoga	Vinyasa Flow	Ocean Yoga	Vinyasa Flow
9:30am	Restorative Yoga	Strength & Stretch	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	Arms, Abs & Booty	Restorative Yoga
10:30am	<u>Sound Bath</u>	<u>Barre</u>	<u>Restorative Yoga</u>	<u>Vinyasa Flow</u>	-	-	<u>Sound Bath</u>
5:30pm	-	Sleep Yoga	-	-	Sleep Yoga	<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