

# NALU SPA

# October Wellness

## Nalu Spa Operating Hours & Spa Special

*Sunday thru Thursday 8am - 6pm*  
*Friday thru Saturday 8am - 7pm*

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• 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 Restorative Yoga
- Monday: 10:30am Barre
- Tuesday: 5:30pm Sunset Yoga
- Wednesday: 8:30am Ocean Yoga
- Thursday: 6:30am Balance by Breath
- Friday: 9:30am Tone & Tighten
- Saturday: 7:30am Balance by Breath

## Special Wellness Classes Happening This Month

*Check-In at Spa*

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- New Hunter's Moon Movement and Meditation: Gentle Flow & Meditation  
October 2nd at 5:30pm
- Super Hunter's Moon Crystal Bathing: Yoga Class with Crystal Healing & Meditation  
October 17th at 5:30pm

## 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)*

## 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>
<b>Pilates Reformer</b>	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am	-	7:30am 8:30am	7:30am 8:30am	7:30am 8:30am
<b>6:30am</b>	-	-	-	-	<u>Balance by Breath</u>	-	-
<b>7:30am</b>	<u>Balance by Breath</u>	Restorative Yoga	Strength & Stretch	Restorative Yoga	Restorative Yoga	Restorative Yoga	<u>Balance by Breath</u>
<b>8:30am</b>	Vinyasa Flow	Ocean Yoga	Arms, Abs & Booty	<u>Ocean Yoga</u>	Vinyasa Flow	Ocean Yoga	Vinyasa Flow
<b>9:30am</b>	<u>Restorative Yoga</u>	Tone & Tighten	Yoga Sculpt	Yoga Sculpt	Yoga Sculpt	<u>Tighten &amp; Tone</u>	Restorative Yoga
<b>10:30am</b>	Sound Bath	<u>Barre</u>	Restorative Yoga	Vinyasa Flow	Tighten & Tone	Barre	Sound Bath
<b>5:30pm</b>	-	Sound Bath	<u>Sunset Yoga</u>	Sleep Yoga	Sleep Yoga	Sound Bath	-

*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