

NALU SPA

August Wellness

Specialty Wellness Classes Happening This Month

Check-in at Spa

- **Full Sturgeon Moon Yoga & Meditation:**
Thursday, August 27th 6:00pm.

Celebrate the Full Sturgeon Moon with a restorative yoga and meditation practice designed to dive deep into one's intuition.

Complimentary Classes for Resort Guests

Check-in at Movement Studio

- **Sunday: 7:30am Qi Gong**
- **Monday: 8:30am Yoga Sculpt**
- **Tuesday: 10:30am Dynamic Vinyasa**
- **Wednesday: 7:30am Strength & Stretch**
- **Thursday: 9:30am Yoga Sculpt**
- **Friday: 10:30am Strength & Stretch**
- **Saturday: 7:30am Dynamic Vinyasa**

Nalu Spa Hours & Amenities

Sunday thru Saturday 8am - 6pm

- Full day spa access with any spa or salon service booked
- Dry sauna, showers and lockers in men's and women's facilities
- Oceanfront relaxation area with snacks and beverages

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.

Fitness Passes

Looking to join us for multiple classes? Consider our bundle deals:

- **5 Classes for \$95 (any yoga or group fitness class)**
- **3 Pilates Reformer for \$105**
- **10 Pilates Reformer for \$325**



August 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	-	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	7:00am 8:00am 9:00am	-
7:30am	<u>Qi Gong</u>	Nalu Spin	Arms, Abs, Booty	<u>Strength & Stretch</u>	Strength & Stretch	Nalu Spin	<u>Dynamic Vinyasa</u>
8:30am	Restorative Yoga	<u>Yoga Sculpt</u>	Tone & Tighten	Arms, Abs, Booty	Tone & Tighten	Yoga Sculpt	Balance by Breath
9:30am	Balance by Breath	Arms, Abs, Booty	Yoga Sculpt	Yoga Sculpt	<u>Yoga Sculpt</u>	Arms, Abs, Booty	Qi Gong
10:30am	-	Strength & Stretch	<u>Dynamic Vinyasa</u>	Restorative Yoga	Dynamic Vinyasa	<u>Strength & Stretch</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
- Specialty classes are \$40, and include Full Moon Yoga classes
- Underlined classes are complimentary for resort guests (2 guests per room per day)
- Guests must be 18years or older to join fitness classes
- 12hr Cancellation policy applies to all classes

The Ritz-Carlton O'ahu, Turtle Bay • 57-091 Kamehameha Hwy, Kahuku, Hawai'i 96731 • 808.293.6000 • RitzCarlton.com/Turtlebay

