

JANUARY FITNESS CLASSES

Join us at ESPA Baha Mar for these fun and challenging wellness offerings:

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM		YOGA 60 MINS *P VINYASA/YIN		YOGA 60 MINS *P VINYASA/YIN	YOGA 60 MINS *P VINYASA/YIN	YOGA 60 MINS *P VINYASA/YIN	
9:30 AM	PILATES (MAT) 60 MINS *P NATASHA	PILATES (MAT) 60 MINS *P NATASHA	PILATES (MAT) 60 MINS *P NATASHA	PILATES (MAT) 60 MINS *P NATASHA			PILATES (MAT) 60 MINS *P NATASHA
10:30 AM	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND	BIMINI BODY BURN 60 MINS *P TAVETTE/DAYLLAND
12:00 PM	FIT CAY 30 MINS *C TAVETTE/DAYLLAND	FIT CAY 30 MINS *C TAVETTE/DAYLLAND	FIT CAY 30 MINS *C TAVETTE/DAYLLAND	FIT CAY 30 MINS *C TAVETTE/DAYLLAND	FIT CAY 30 MINS *C TAVETTE/DAYLLAND	FIT CAY 30 MINS *C TAVETTE/DAYLLAND	FIT CAY 30 MINS *C TAVETTE/DAYLLAND
5:00 PM	BUNS & THIGHS 45 MINS *P NATASHA	ABS GLUTES & BACK 45 MINS *P NATASHA	BAHA MAR CHALLENGE 60 MINS *P NATASHA	TRX BOOT-CAMP 45 MINS *P NATASHA			

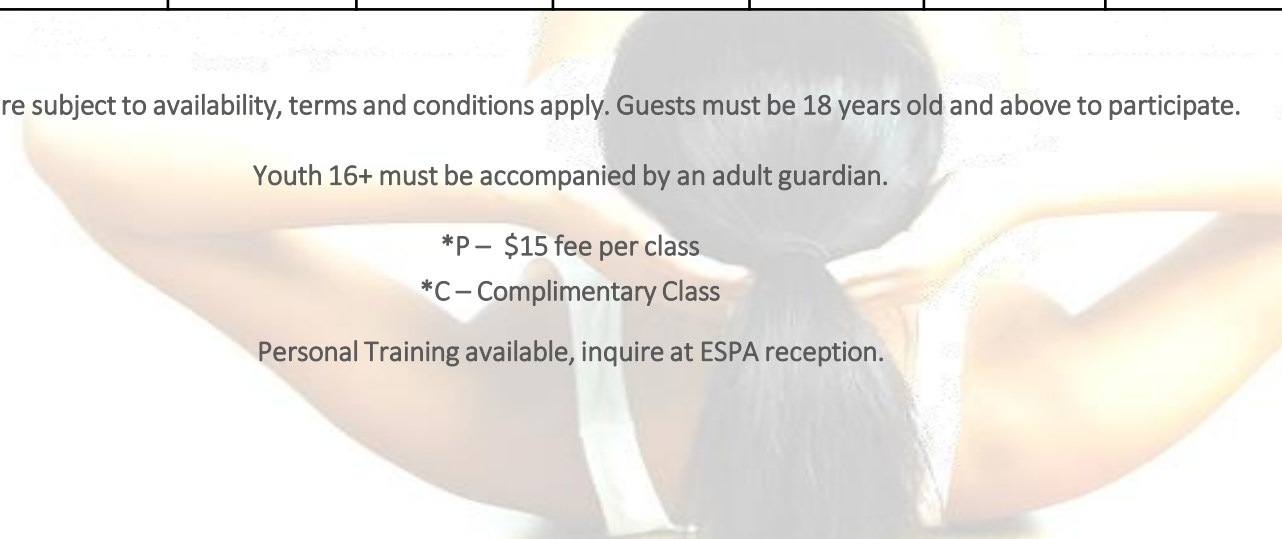
Classes are subject to availability, terms and conditions apply. Guests must be 18 years old and above to participate.

Youth 16+ must be accompanied by an adult guardian.

*P – \$15 fee per class

*C – Complimentary Class

Personal Training available, inquire at ESPA reception.



ESPA

BAHA MAR

Fitness Class Descriptions

Bimini Body Burn – This total body workout will target each muscle group in a progressive loading manner. Beginners are welcome, get ready for 60 minutes of Body Burn!

Conch-Beating Buns and Thighs – This class will feature high intensity core strength, abdominal and butt droppin' training!

Fit Cay – Our featured complimentary class is a 45 minute total body free weights class.

Juju-Jammin' Abs, Glutes and Back – A 30-minute core class using foam rollers, free weights, and body weight! This class is a killer formula to sculpt that mid-section.

Pink Sand Power Pilates – Lengthen and strengthen your body by combining the Pilates principles with equipment to build your strength, stability, while maximizing your potential.

The Ultimate Baha Mar Challenge – Combining cardio and functional training while using equipment such as kettle bells, ropes, weights and dumbbells for a great calorie burn.

TRX Boot-camp - A total body workout to help build power, strength, flexibility, muscle endurance and balance. Combining TRX and boot camp style drills.

Yoga - Build strength and flexibility through standing and balancing sequences followed by seated postures to strengthen your core.

PERSONAL TRAINING

ONE ON ONE

30 Minutes	\$60
60 Minutes	\$120

3 SESSION PACKAGE

30 Minutes	\$150
60 Minutes	\$300

5 SESSION PACKAGE

30 Minutes	\$225
60 Minutes	\$450

10 SESSION PACKAGE

30 Minutes	\$350
60 Minutes	\$700

GROUP TRAINING

PRIVATE FITNESS CLASS

Minimum of 20 Guests. Per person prices shown*

20 guests	\$ 25
21-30 guests	\$ 22.50
31-40 guests	\$ 17.50
41+ guests	\$ 12.50

1 PARTNER SESSION

30 Minutes	\$90
60 Minutes	\$180

3 SESSION PACKAGE

30 Minutes	\$240
60 Minutes	\$480

5 SESSION PACKAGE

30 Minutes	\$350
60 Minutes	\$750