

ESPA

AT BAHAMAR

JULY FITNESS CLASSES

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

OPERATING HOURS

5:00 AM – 8:00 PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM		VINYASA YOGA 60 MINS \$20 ALEXIS		VINYASA YOGA 60 MINS \$20 ALEXIS	VINYASA YOGA 60 MINS \$20 ALEXIS	VINYASA YOGA 60 MINS \$20 MEGHAN
9:30 AM			GLUTES, BACK & ABS 60 MINS *P \$20 NATASHA	BEACH BOOTY WORKOUT 60 MINS *P \$20 NATASHA	ULTIMATE BAHA MAR CHALLENGE 60 MINS *P \$20 NATASHA	

There will be no classes held on July 10th due to the holiday. Classes are subject to availability and are weather permitting. Terms and conditions apply.

Guests must be 18 years old and above to participate.

Youth 16+ must be accompanied by an adult guardian.

VINYASA YOGA

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

GLUTES, BACK & ABS

Try this fun workout circuit that targets all the core muscles, Glutes, back and abdominals.

THE ULTIMATE BAHAMAR CHALLENGE

Combining cardio and functional training while using equipment such as kettle bells, ropes, weights and dumbbells for a great calorie burn.

BEACH BOOTY WORKOUT

Get prepared for a dynamic, high intensity workout on the sand targeting your buns and thighs.

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If you have any questions or concerns,
please give us a call:
(242) 788-7800
(242) 424-4965

PERSONAL TRAINING

ONE ON ONE

30 min \$60 60 min \$120

3 SESSION PACKAGE

30 min \$150 60 min \$300

5 SESSION PACKAGE

30 min \$225 60 min \$450

10 SESSION PACKAGE

30 min \$350 60 min \$700

PARTNER TRAINING

1 PARTNER SESSION

30 min \$90 60 min \$180

3 SESSION PACKAGE

30 min \$240 60 min \$480

5 SESSION PACKAGE

30 min \$350 60 min \$750

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
40+ guests	\$12.50

Prices shown do not include 12% VAT or
20% Service Charge.

