

ESPA

August FITNESS CLASSES 2022

Join us at ESPA Bahia Mar 🌊 for these fun and challenging fitness offerings.

Call 788-7800 to reserve your place.

GYM OPERATING HOURS

6:00 AM – 8:00 PM

Guests must be 18 years old and above to participate in fitness classes.

Youth 13+ must be accompanied by an adult guardian.

All classes are outdoors and are Weather permitting

Minimum of 6 guests participation required for fitness classes

Highly Recommended to sign up in advance for the fitness classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 9am PILATES WITH NATASHA	2 9am BOXING FITNESS WITH RONN	3 8am FLAMINGO YOGA WITH CRAIG	4 9am RIP AND CORE WITH NATASHA	5 9am TOTAL BODY CONDITIONING WITH RONN	6 8am FLAMINGO YOGA WITH CRAIG	7 9am BEACH FITNESS WITH NATASHA
8 8am GENTLE YOGA WITH CRAIG	9 8am BEACH FITNESS WITH NATASHA	10 8am FLAMINGO YOGA WITH CRAIG	11 9am RIP AND CORE WITH NATASHA	12 9am BOXING FITNESS WITH RONN 6pm CARDIO TENNIS WITH JON	13 8am FLAMINGO YOGA WITH CRAIG	14 9am TOTAL BODY CONDITIONING WITH RONN
15 9am ZUMBA WITH NATASHA	16 9am TOTAL BODY CONDITIONING WITH RONN	17 8am FLAMINGO YOGA WITH CRAIG	18 8am GENTLE YOGA WITH CRAIG	19 9am TOTAL BODY CONDITIONING WITH RONN 6pm CARDIO TENNIS WITH JON	20 8am FLAMINGO YOGA WITH CRAIG	21 9am BOXING FITNESS WITH RONN
22 8am GENTLE YOGA WITH CRAIG	23 9am BOXING FITNESS WITH RONN	24 8am FLAMINGO YOGA WITH CRAIG	25 8am GENTLE YOGA WITH CRAIG 9am TOTAL BODY CONDITIONING WITH RONN	26 8am GENTLE YOGA WITH CRAIG 6pm CARDIO TENNIS WITH JON	27 8am FLAMINGO YOGA WITH CRAIG	28 9am PILATES WITH NATASHA
29 8am BEACH FITNESS WITH NATASHA	30 9am TOTAL BODY CONDITIONING WITH RONN	31 8am FLAMINGO YOGA WITH CRAIG				

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GENTLE YOGA WITH CRAIG -\$24 .Students move smoothly through a sequence of connected asanas .Postures are only held for a short time before moving into the next posture. **This class is invigorating and somewhat aerobic .Preregistration required. Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.**

FLAMINGO YOGA WITH CRAIG -\$80 Please arrive at ESPA 10 minutes prior to class time to check in. Your instructor will escort you to the Allamanda Lawn where class is held. Preregistration required. Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.

CARDIO TENNIS WITH JON - \$46 Cardio Tennis is a fun, fast paced, tennis workout with upbeat music .No tennis experience is required, and racquets will be provided. Price exclusive of tax
Location: Tennis Court near Bond Night Club

POWER PILATES WITH NATASHA - \$24 Lengthen and strengthen your body by combining the Pilates principles with equipment to build your strength, stability, while maximizing your potential. Preregistration required. Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.

TOTAL BODY CONDITIONING WITH RONN - \$24 Be stronger longer, includes dynamic cool down stretches. Total body strength focus conditioning class is low impact and high impact tailored . Price exclusive of tax.

BOXING FITNESS WITH RONN -\$24 Simply the best total body fitness program that conditions, tones and strengthens the entire body from head to toe .Get in shape while also learning self defense and improving self confidence . Price exclusive of tax.

RIP AND CORE WITH NATASHA - \$24 In this workout you will use equipment such as glides, kettlebells, weights, ,medicine balls and more .Prepared to enjoy indoor and outdoor training with a twist of functional training

BEACH FITNESS WITH NATASHA - \$24 Water is one of the best fitness tools there is .Cardiovascularly you will be challenged but still gentle on the body . Please meet your instructor in the gym at the fitness class stand
Price exclusive of tax