

AUGUST 2025

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

6:00 AM – 8:00 PM

Registration is
Required

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

Youths 13+ must
be accompanied
by an adult.

Some classes are outdoors and are weather permitting

Minimum of 6
guests
participation
required for fitness
classes

Call 788-7800 to
reserve.

Signature fitness classes

Complimentary fitness classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	8:00am – 8:45am Vinyasa YOGA	8:00am – 8:45am Ashtanga Inspired YOGA	8:00am – 8:45am Vinyasa YOGA	8:00am – 8:45am Ashtanga Inspired YOGA	8:00am – 8:45am Flamingo YOGA	8:00am – 8:45am Flamingo YOGA	8:00am – 8:45am Vinyasa YOGA
	9:00am - 9:45am HIIT Session	9:00am - 9:45am HIIT Session	9:00am - 9:45am Abs, Glutes & Back	9:00am - 9:45am Power PILATES	9:00am - 9:45am Abs, Glutes & Back	9:00am - 9:45am Power PILATES	9:00am - 9:45am HIIT Session
AFTERNOON	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	1:15pm - 2:00pm Strength Symphony	1:15pm – 2:00pm ESPA Elite	1:15pm – 2:00pm Power Sculpt	1:15pm – 2:00pm Agility Alchemy	1:15pm – 2:00pm ESPA Elite
	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	2:00pm – 2:45pm Majestic Frame	2:00pm – 2:45pm Med Ball Heat	2:00pm – 2:45pm Strength Symphony	2:00pm – 2:45pm ESPA Ignite	2:00pm – 2:45pm Torso Titan
	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours	6:00am - 8:00pm Gym Hours

Signature Fitness Classes

FLAMINGO YOGA -\$100 + 10% VAT, Please arrive at ESPA 10 minutes prior to class time to check in. Your instructor will escort you to the class venue. Pre-registration required. Limited availability.

VINYASA FLOW YOGA -\$30 + 10% VAT, All our classes are Ashtanga-based Vinyasa Flow. Each class is beginner friendly and offers a variety of opportunities to modify postures to ease or amplify the intensity. We begin with pranayama (breathwork) and end with guided meditation and aroma therapy. Pre-registration required.

ASHTANGA INSPIRED YOGA -\$30 + 10% VAT, Ashtanga centers on a vigorous physical practice that includes a series of poses linked together with breath to form a continuous sequence. Ashtanga yoga class to your daily workout is a good way to keep your mind and body healthy and strong. Pre-registration required.

POWER PILATES -\$30 + 10% VAT, 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.

HIIT SESSION -\$30 + 10% VAT, High-intensity training is a full body workout of intense cardio work with multiple workouts, a 30-second burst with a 10-second rest to really push your body to the next level and get the best out of your workout. Pre-registration required.

ABS, GLUTES & BACK -\$30 + 10% VAT, this class sets the foundation for your entire body. A mixture of static holds, calisthenics to improve postures, overall core and back strength. Limited availability. Please meet your instructor in the gym at the fitness class stand. Price exclusive of tax.

Complimentary Fitness Classes

HIIT BLAST – Complimentary, High-Intensity Interval Training focusing on full-body cardio and strength exercises for an energizing workout.

STRENGTH SYMPHONY - Complimentary, Full Body Strength and Conditioning.

POWER SCULPT – Complimentary, Using a variety of resistance training equipment, this class will help guests sculpt and tone their entire body, including arms, legs, and core.

MED BALL HEAT - Complimentary, High intensity training which requires the use of a medicine ball that targets the full body through explosive movements.

ESPA IGNITE – Complimentary, Focusing on the arms, shoulders, and back, this class incorporates resistance training and bodyweight exercises to build upper body strength.

ESPA ELITE – Complimentary, A high intensity bodyweight class targeting the lower and upper body. This class comprise of conditioning exercises to stay fit and lean.

MAJESTIC FRAME - Complimentary, Toning and Definition for Arms, Chest, and Back.

AGILITY ALCHEMY - Complimentary, Sprinting Drills, and Speed Development.

TORSO TITAN - Complimentary, Intense Upper Body Strength and Definition.