

<div>ESPA</div> <div>SEPTEMBER 2025</div> <div>FITNESS CENTER OPEN DAILY</div> <div>06:00 - 20:00</div> <div>Fitness Center Youths 13+ must be accompanied by an adult.</div> <div>Join us at ESPA Baha Mar for fitness fun and challenge</div> <div>Fitness Classes. Guests must be 18+ to participate</div> <div>Flamingo Yoga Guests 18+ Ages 16- 17 allowed with participating Parent or guardian.</div> <div>Some classes are outdoors and are weather permitting.</div> <div>Minimum of 6 guests participation required for fitness classes.</div> <div>Visit the ESPA reception desk to register.</div>	SIGNATURE FITNESS CLASSES		COMPLIMENTARY CLASSES	
	MONDAY	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00
	TUESDAY	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00
	WEDNESDAY	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00
	THURSDAY	ASHTANGA INSPIRED YOGA 08:00-08:45	POWER PILATES 09:00-09:45	ESPA ELITE 13:00-13:45
	FRIDAY	FLAMINGO YOGA 08:00-08:45	HIIT SESSION 09:00-09:45	POWER SCULPT 13:00-13:45
	SATURDAY	FLAMINGO YOGA 08:00-08:45	POWER PILATES 09:00-09:45	AGILITY ALCHEMY 13:00-13:45
	SUNDAY	POWER PILATES 09:00-09:45	ABS, GLUTES & BACK 09:00-09:45	ESPA ELITE 13:00-13:45
		TORSO TITAN 14:00-14:45		

## FITNESS CLASSES DESCRIPTIONS

### 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.

**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

**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.

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

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