

<div>ESPA</div> <div>DECEMBER 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	ABS, GLUTES & BACK 09:00-09:45	GYM HOURS 06:00-20:00
	TUESDAY	VINYASA FLOW YOGA 08:00-08:45	GYM HOURS 06:00-20:00	GYM HOURS 06:00-20:00
	WEDNESDAY	VINYASA FLOW YOGA 08:00-08:45	GYM HOURS 06:00-20:00	ESPA IGNITE 13:00-13:45
	THURSDAY	VINYASA FLOW YOGA 08:00-08:45	GYM HOURS 06:00-20:00	ESPA ELITE 13:00-13:45
	FRIDAY	FLAMINGO YOGA 08:00-08:45	GYM HOURS 06:00-20:00	POWER SCULPT 13:00-13:45
	SATURDAY	FLAMINGO YOGA 08:00-08:45	GYM HOURS 06:00-20:00	AGILITY ALCHEMY 13:00-13:45
	SUNDAY	ATHLETIC STRETCHING & CORE 08:00-08:45	READY, SET, SWEAT 09:00-09:45	ESPA ELITE 13:00-13:45
				TORSO TITAN 14:00-14:45

### 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.

**ATHLETIC STRETCHING & CORE** - \$30 + 10% VAT, This full body workout features stretching, strength intervals paired with cardio bursts exercises. Expect variety & creativity, cardio and functional movements.

**READY, SET, SWEAT** - \$30 + 10% VAT, A mixture of resistance training, cardio and functional movements. SUITABLE FOR ALL AGES, accompanied by an adult.

**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.

### 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.