

FITNESS CENTER

OPEN DAILY

6:00AM-8:00PM

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

Guests ages 13-
17 may use fitness
center when
accompanied
with an adult 18+.

Guests must be
18+ to
participate in
Fitness Classes.

Flamingo Yoga

**Ages 16- 17
allowed with
participating
Parent or
guardian.**

Select classes
are hosted
outdoors
weather
permitting.

Minimum of 6
guest
participation for
fitness classes

Visit the ESPA
reception desk
to register.

FITNESS SCHEDULE

SIGNATURE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SIGNATURE	8:00am CIRCUIT BURN	8:00am VINYASA FLOW	8:00am CORE BLAST	8:00am VINYASA FLOW	8:00am FLAMINGO YOGA	8:00am FLAMINGO YOGA	8:00am HIIT SESSION
	9:30am ABS, GLUTES & BACK	8:30am RAKE RHYTM AEROBICS (FAMILY)	9:30am PILATES MAT	8:30am RAKE RHYTM AEROBICS (FAMILY)	8:00am HIIT SESSION	9:00am CIRCUIT BURN	9:30am READY, SET, SWEAT (FAMILY)
	5:00pm SUNSET YOGA	GYM HOURS 6:00AM- 8:00PM	5:00pm SUNSET YOGA	9:30am ATHLETIC STRETCHING & CORE	5:00pm SUNSET YOGA	GYM HOURS 6:00AM- 8:00PM	GYM HOURS 6:00AM- 8:00PM

JANUARY 2026

COMPLIMENTARY	11:00am ESPA IGNITE	11:00am STRENGTH SYMPHONY	1:00pm GLUTE CAMP	1:00pm TITAN TORSO	11:00am MAJESTIC FRAME	1:00pm POWER SCULPT	1:00pm GLUTE CAMP
	1:00pm MED BALL HEAT	1:00pm TITAN TORSO	2:00pm KETTLEBELL BURN	2:00pm STRENGTH SYMPHONY	2:00pm AGILITY ALCHEMY	2:00pm KETTLEBELL BURN	2:00pm MED BALL HEAT
	5:00pm POWER SCULPT	5:00pm AGILITY ALCHEMY	5:00pm STRENGTH SYMPHONY	5:00pm ESPA IGNITE	5:00pm MEDBALL HEAT	5:00pm ESPA ELITE	5:00pm MAJESTIC FRAME

FITNESS CLASS DESCRIPTIONS

SIGNATURE CLASSES

RAKE RHYTHM AEROBICS - \$30 + 10% VAT Join us for a high energy, fun filled aerobics class for the whole family, Get your heart pumping while you move to the beat of The Bahamas. No experience needed just bring your family, energy and love for island vibes!

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. Guests 16-17 allowed with participating adult.

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.

PILATES MAT - \$30 + 10% VAT, Strengthen your core, improve alignment, and increase flexibility with a guided Pilates mat class suitable for all levels.

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

ATHLETIC STRETCHING & CORE - \$30 + 10% VAT, This full body work out 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. Complimentary for guests 12 and under!

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.

CORE BLAST - \$30 + 10% VAT, Total core strength and conditioning workout. Targeting the lower and upper abdominals, left and right obliques and lower back.

CIRCUIT BURN - \$30 + 10% VAT, Endurance and resistance training, high intensity aerobics, and exercises performed in a circuit. Targets strength building and muscular endurance.

COMPLIMENTARY CLASSES

Limited participants RSVP

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.

KETTLEBELL BURN - Complimentary, A full body high intensity workout using only kettlebells. Great for calorie burning and muscle toning

MAJESTIC FRAME - Complimentary, toning and definition for arms, chest and back.

TORSO TITAN - Complimentary, this challenging class is dedicated to toning and strengthening the gluteal muscles and legs using a variety of exercises and equipment.