

# FITNESS SCHEDULE

**FITNESS CENTER  
OPEN DAILY  
6:00AM-8:00PM**

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

**Use of the GYM by guests 13-17 is permitted only when an adult 18+ is present.**

**Flamingo Yoga**  
Ages 16- 17 allowed with participating Parent or guardian. Sign up is 24hrs in advance.

Select classes are hosted outdoors weather permitting.

Visit the ESPA reception desk to register.

## SIGNATURE CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am CIRCUIT BURN	8:00am VINYASA FLOW	8:00am CORE BLAST	8:00am VINYASA FLOW	8:00am FLAMINGO YOGA	8:00am FLAMINGO YOGA	9:00am READY, SET, SWEAT (FAMILY)
	8:00am VINYASA FLOW	9:30am ABS, GLUTES & BACK	8:00am VINYASA FLOW	9:30 AM ATHLETIC STRETCHING & CORE	8:00am CIRCUIT BURN	9:00am CIRCUIT BURN	10:00am CORE BLAST
	5:00pm SUNSET YOGA	5:00pm SUNSET YOGA	5:00pm SUNSET YOGA	5:00pm SUNSET YOGA	5:00pm SUNSET YOGA	5:00pm ABS, GLUTES & BACK	5:00pm ATHLETIC STRETCHING & CORE

## MARCH 2026

## COMPLIMENTARY CLASSES

1:00pm GLUTE CAMP	1:00pm KETTLE BURN	2:30pm STRENGTH SYMPHONY	2:30pm AGILITY ALCHEMY	3:00pm ESPA IGNITE	1:00pm ESPA ELITE	1:00pm MEDBALL HEAT
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Guests must be **18+** to participate in all Fitness Classes, unless specified.

Limited spaces available for complimentary classes.

Please RSVP to reserve your spot!

# FITNESS CLASS DESCRIPTIONS

## SIGNATURE CLASSES

## COMPLIMENTARY CLASSES

Limited participants RSVP

**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! Minimum age requirement 7yrs. Class is complimentary for guests 7 – 12 years!

**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.

**FLOW YOGA** -\$30 + 10% VAT, this class is designed to build strength, flexibility and cardio endurance. We will connect poses in a fluid, dance like sequence rather than holding them statically. It emphasizes smooth transitions paired with inhalation and exhalation creating a meditative continuous motion. All levels welcome!

**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 7 – 12 years old!

**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.

**STRENGTH SYMPHONY** - Full Body Strength and Conditioning. This class will help guests sculpt and tone their entire body, including arms, legs, and core.

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

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

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

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

**GLUTE CAMP** - this class is dedicated to toning and strengthening the gluteal muscles and legs using a variety of exercises and equipment.

**AGILITY ALCHEMY** - Sprinting Drills, and Speed Development. A high intensity class designed for functional fitness.