

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 CORE BLAST	7:00am FULL BODY BLAST	8:00am CIRCUIT BURN	7:00am FULL BODY BLAST	8:00am FLAMINGO YOGA	8:00am FLAMINGO YOGA	8:00am FLAMINGO YOGA	8:00am CIRCUIT BURN
8:00am VINYASA YOGA	8:00am VINYASA YOGA	8:00am VINYASA YOGA	8:00am VINYASA YOGA	8:00am VINYASA YOGA	8:00am CIRCUIT BURN		
9:00am KIDS FIT 7-12 YEARS	9:00am ABS GLUTES BACK	9:00am KIDS FIT 7-12 YEARS	9:00am ABS GLUTES BACK	9:00am KIDS FIT 7-12 YEARS	9:00am CORE BLAST	9:00am CORE BLAST	
5:00pm SUNSET YOGA		5:00pm SUNSET YOGA	5:00pm SUNSET YOGA	5:00pm SUNSET YOGA	5:00pm MAT PILATES	5:00pm MAT PILATES	5:00pm MAT PILATES

APRIL 2026

COMPLIMENTARY CLASSES

1:00pm AGILITY ALCHEMY	1:00pm GLUTE CAMP	2:00pm STRENGTH SYMPHONY	2:00pm ESPA IGNITE	1:00pm KETTLEBELL BURN	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

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.

Kids Fit- \$20 + 10% VAT- A dynamic fitness class designed for kids ages 7-12! This high energy class focuses on building strength, flexibility and coordination while keeping things fun and engaging. Whether it is jumping, running, dancing, or balancing, each session is packed with activities that keeps kids excited and active.

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.

FULL BODY BURN-\$30 + 10% VAT, is a balanced, feel good-workout designed to engage your entire body through a mix of strength, movement and flow. This class helps improve tone, mobility, and energy.

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.

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

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

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

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

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

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

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