

FITNESS SCHEDULE

SIGNATURE CLASSES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	7:00 AM BOXING FITNESS	8:00 AM YOGA	7:00 AM BOXING FITNESS	8:00 AM YOGA	8:00 AM FLAMINGO YOGA	8:00 AM FLAMINGO YOGA	8:00 AM CORE BLAST
	8:00 AM CORE BLAST	8:00 AM ABS, GLUTES & BACK	8:00 AM CORE BLAST	9:00 AM BOXING FITNESS	9:00 AM KIDS FIT	9:00 AM BODY BLITZ	9:00 AM ABS, GLUTES & BACK
	9:00 AM KIDS FIT	5:00 PM FULL BODY BLAST	9:00 AM BODY BLITZ	5:00 PM FULL BODY BLAST	5:00 PM FLOW YOGA	10:00 AM LOW BODY FLOW	

JULY 2026

COMPLIMENTARY CLASSES	1:00pm AGILITY ALCHEMY	1:00pm KETTLEBELL BURN	1:00pm GLUTE CAMP	1:00pm STRENGTH SYMPHONY	1:00pm ESPA IGNITE	1:00pm ESPA ELITE	1:00pm MEDBALL HEAT
	- Visit the ESPA reception desk to register. - Sip sustainably, don't forget your water bottle! - Limited spaces available for complimentary classes. - Proper gym attire and sneakers required for all classes and GYM use. - Participation in fitness classes 18+ unless specified.						

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

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

Flamingo Yoga
Sign up is
24hrs in
advance.
Guests ages
13-17 must be
accompanied
by a
participating
adult.

Select classes
are hosted
outdoors
weather
permitting.

FITNESS CLASS DESCRIPTIONS

SIGNATURE CLASSES

ABS, GLUTES AND BACK- \$30 + VAT 50 mins- Sculpt and strengthen your midsection and posterior chain through targeted exercises that build core strength, improve posture, and promote total body balance. Suitable for all fitness levels.

BODY BLITZ- \$30 + 10% VAT 50 mins- This upbeat, high-energy class targets the full body, combining upper body strength, lower body conditioning, cardio, and core training for a complete fitness experience. This class will leave you feeling energized and accomplished. Suitable for all fitness levels.

CORE BLAST-\$30 + 10% VAT 50mins- Strengthen and tone your midsection with this energizing workout focused on core stability, balance, and functional strength. Suitable for all fitness levels, with modifications provided as needed.

FLAMINGO YOGA -\$100 + 10% VAT 50mins- Connect with nature as you flow through an all-levels yoga class alongside Baha Mar's iconic flamingos. Enjoy mindful movement, breathwork and relaxation in a serene outdoor setting. Open to participants 13 and older. Guests ages 13-17 must be accompanied by a participating adult.

FULL BODY BLAST-\$30 + 10% VAT 50mins- This total body workout designed to improve strength, endurance, and overall fitness. This dynamic class combines functional movements and low to moderate intensity exercises for a fun and effective workout. Suitable for all fitness levels.

KIDS FIT \$20 + VAT 50mins- Designed for children ages 7-12, this dynamic class focuses on agility, strength, coordination, and movement through age-appropriate exercises in a fun supportive environment.

LOW BODY FLOW-\$30 + 10% VAT, 50mins- is a low impact class focused on strengthening and toning the glutes, legs, and core through controlled, flowing movements. Combining strength, balance, and stretch. It improves mobility, stability, and muscle definition while remaining gentle on the joints. Suitable for all fitness levels. This class leaves you feeling strong, aligned, and energized. Suitable for all fitness levels.

MAT PILATES- \$30 + 10% VAT 50mins- Strengthen, lengthen, and tone your body while improving posture, flexibility, and overall mobility in this low impact, all levels class.

YOGA -\$30 + 10% VAT 50mins- Reconnect with mind and body through gentle movement, intentional breathings, and guided relaxation. Suitable for all fitness levels.

COMPLIMENTARY CLASSES

Limited participants RSVP

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

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

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

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

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

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

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