

Fitness Schedule - September 2026

MON	TUE	WED	THU	FRI	SAT	SUN
8:00 AM Yoga	8:00 AM Yoga	8:00 AM Yoga	8:00 AM Yoga	8:00 AM Flamingo Yoga	8:00 AM Flamingo Yoga	
8:00 AM Core Blast	9:00 AM Boxing Fitness	8:00 AM Core Blast	9:00 AM Boxing Fitness	9:00 AM Pilates Reformer	9:00 AM Kids Fit AGES 7-12	
9:00 AM Body Blitz- HIIT	10:00 AM Mat Pilates	9:00 AM Body Blitz- HIIT	10:00 AM Mat Pilates	10:00 AM ZUMBA	10:00 AM ZUMBA	

COMPLIMENTARY CLASSES — 1:00 PM DAILY, RSVP AT RECEPTION, 18+

MON Agility Alchemy	TUE Kettlebell Burn	WED Glute Camp	THU Strength Symphony	FRI ESPA Ignite	SAT ESPA Elite	SUN Med Ball Heat
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CLASS DESCRIPTIONS

Body Blitz 18+ \$30+VAT

Upbeat full-body class: upper body strength, lower body conditioning, cardio and core.

Boxing Fitness 18+ \$30+VAT

Shadowboxing, drills and core conditioning. All levels, no experience needed.

Core Blast 18+ \$30+VAT

Core stability, balance and functional strength, with modifications as needed.

Flamingo Yoga

AGES 13+ · 24HR RSVP

\$100+VAT

All-levels yoga flow beside Baha Mar's iconic flamingos — mindful movement outdoors.

Kids Fit

AGES 7-12

\$20+VAT

Builds agility, strength and coordination in a fun, supportive environment.

Pilates Reformer 18+

\$60+VAT

Certified Balance Body instructor, Allegro II reformer workout for strength, flexibility, posture and core stability.

Mat Pilates 18+

\$30+VAT

Low-impact, all-levels class to strengthen, lengthen and tone; improves mobility.

Yoga 18+

\$30+VAT

Gentle movement, intentional breathing and guided relaxation.

ZUMBA18+

\$30+VAT

A high energy dance fitness workout that blends low intensity and high intensity internal moves. No prior dance experience required.

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.

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.

ESPA Ignite

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

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 the entire body, including arms, legs and core.

GOOD TO KNOW

- GYM Hours: 6:00 AM – 8:00 PM daily
- Ages: 13–17 allowed with an adult 18+ present throughout workout.
- Attire: Gym wear & sneakers required for all classes and gym use — no crocs, slides, or open-toe shoes.
- Fitness classes are 18+ unless noted otherwise (Kids Fit, Flamingo Yoga).
- Flamingo Yoga: RSVP 24 hrs ahead. Ages 13+; guests 13–17 must be accompanied by a participating adult throughout the class.
- Select classes hosted outdoors, weather permitting.
- Bring a reusable water bottle — sip sustainably.