

FITNESS CLASSES AUGUST 2024

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

GYM HOURS

6:00 AM – 8:00 PM

Guests must be 18 years old to participate in fitness classes.

Youths 13+ must be accompanied by an adult.


Some classes are outdoors and are weather permitting

Minimum of 6 guests participation required for fitness classes

Preregistration is highly recommended.

Call 788-7800 to reserve.

 Signature fitness classes

 Complimentary fitness classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
	8:00am - 9:00am <i>Vinyasa Yoga</i>	8:30am - 9:30am <i>Ashtanga Yoga</i>	8:00am - 9:00am <i>Flamingo Yoga</i>	8:00am - 9:00am <i>Fab Abs</i>	8:00am - 9:00am <i>Vinyasa Yoga</i>	8:00am - 9:00am <i>Flamingo Yoga</i>	8:00am - 9:00am <i>CORE Blast</i>
	9:00am - 10:00am <i>Circuit Burn</i>	9:00am - 10:00am <i>Circuit Burn</i>	9:00am - 10:00am <i>Fab Abs</i>	9:00am - 10:00am <i>HIIT Session</i>	9:00am - 10:00am <i>Circuit Burn</i>	9:00am - 10:00am <i>HIIT Session</i>	9:00am - 10:00am <i>HIIT Session</i>
	10:00am - 10:45am <i>Power Sculpt</i>	10:00am - 10:45am <i>Med Ball</i>	10:00am - 10:45am <i>ESPA Ignite</i>	10:00am - 10:45am <i>HIIT Blast</i>	10:00am - 10:45am <i>Glute Camp</i>	10:00am - 10:45am <i>Torso Titan</i>	10:00am - 10:45am <i>Kettlebell Burn</i>
	11:00am - 11:45am <i>Strength Symphony</i>	11:00am - 11:45am <i>Torso Titan</i>	11:00am - 11:45am <i>Agility Alchemy</i>	11:00am - 11:45am <i>Kettlebell Burn</i>	11:00am - 11:45am <i>Majestic Frame</i>	11:00am - 11:45am <i>Med Ball Heat</i>	11:00am - 11:45am <i>Glute Camp</i>
AFTERNOON	1:15pm - 1:50pm <i>Glute Camp</i>	1:15pm - 1:50pm <i>HIIT Blast</i>	1:15pm - 1:50pm <i>Strength Symphony</i>	1:15pm - 1:50pm <i>Espa Elite</i>	1:15pm - 1:50pm <i>Power Sculpt</i>	1:15pm - 1:50pm <i>Agility Alchemy</i>	1:15pm - 1:50pm <i>Espa Elite</i>
	2:00pm - 2:45pm <i>Kettlebell Burn</i>	2:00pm - 2:45pm <i>Power Sculpt</i>	2:00pm - 2:45pm <i>Majestic Frame</i>	2:00pm - 2:45pm <i>Med Ball Heat</i>	2:00pm - 2:45pm <i>Strength Symphony</i>	2:00pm - 2:45pm <i>Espa Ignite</i>	2:00pm - 2:45pm <i>Torso Titan</i>
	3:00pm - 3:45pm <i>Agility Alchemy</i>	3:00pm - 3:45pm <i>Espa Ignite</i>	3:00pm - 3:45pm <i>Med Ball Heat</i>	3:00pm - 3:45pm <i>Strength Symphony</i>	3:00pm - 3:45pm <i>HIIT Blast</i>	3:00pm - 3:45pm <i>Majestic Frame</i>	3:00pm - 3:45pm <i>Power Sculpt</i>
	4:00pm - 4:45pm <i>Espa Elite</i>	4:00pm - 4:45pm <i>Majestic Frame</i>	4:00pm - 4:45pm <i>Glute Camp</i>	4:00pm - 4:45pm <i>Espa Ignite</i>	4:00pm - 4:45pm <i>Torso Titan</i>	4:00pm - 4:45pm <i>HIIT Blast</i>	4:00pm - 4:45pm <i>Agility Alchemy</i>
EVENING	5:00pm - 5:45pm <i>Med Ball Heat</i>	5:00pm - 5:45pm <i>Kettlebell Burn</i>	5:00pm - 5:45pm <i>Power Sculpt</i>	5:00pm - 5:45pm <i>Torso Titan</i>	5:00pm - 5:45pm <i>Espa Elite</i>	5:00pm - 5:45pm <i>Glute Camp</i>	5:00pm - 5:45pm <i>Kettlebell Burn</i>

Signature Fitness Classes

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.

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. Pre-registration required.

ASHTANGA YOGA - \$30 + 10% VAT, Ashtanga centers on a vigorous physical practice that includes a series of poses linked together with breath to form a continuous sequence. Ashtanga yoga class to your daily workout is a good way to keep your mind and body healthy and strong. Pre-registration required.

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

CIRCUIT BURN - \$30 + 10% VAT, Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength-building and muscular endurance. Pre-registration required

FAB ABS - \$30 + 10% VAT, Simply the best total body fitness program that conditions, tones, and strengthens the abdominal muscles. Get in shape while also learning self-defense and improving self-confidence. Price exclusive of tax. Pre-registration required.

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

Complimentary Fitness Classes

GLUTE CAMP – Complimentary, challenging class is dedicated to toning and strengthening the gluteal muscles and legs using a variety of exercises and equipment.

HIIT BLAST – Complimentary, High-Intensity Interval Training focusing on full-body cardio and strength exercises for an energizing workout.

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.

MAJESTIC FRAME - Complimentary, Toning and Definition for Arms, Chest, and Back.

AGILITY ALCHEMY - Complimentary, Sprinting Drills, and Speed Development.

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

TORSO TITAN - Complimentary, Intense Upper Body Strength and Definition.