

# ESPA

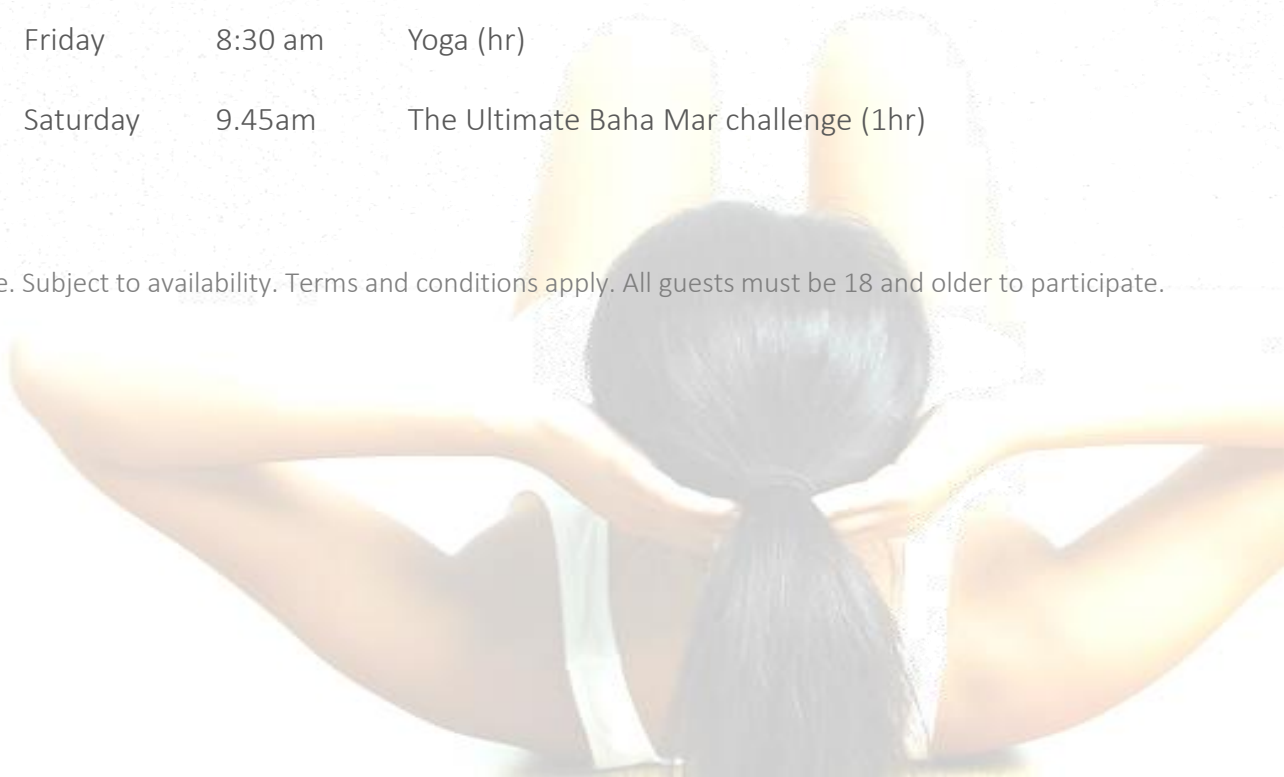
## BAHA MAR

### FITNESS CLASSES

Join us at ESPA Baha Mar for these fun and challenging wellness offerings:

Monday	8:30 am 9:45am	Yoga (1hr) Power Pilates (1hr)
Tuesday	9:45 am 4:00pm 5:45pm	8@Infinity (50 minutes) Yoga (1hr) Glutes and Back (1)
Wednesday	8:30 am 9:45 am	Yoga (1hr) Sleek Challenge (1hr)
Thursday	9:45 am 10:30am 5:45pm	Barefoot Beach Boot Camp (50 minutes) Stretch and Relaxation (1hr) Matrix (1hr)
Friday	8:30 am	Yoga (hr)
Saturday	9.45am	The Ultimate Baha Mar challenge (1hr)

\$10 fee. Subject to availability. Terms and conditions apply. All guests must be 18 and older to participate.



# ESPA

## BAHAMAR

### FITNESS CLASS Descriptions

**The Ultimate BahaMar Challenge** – If you are looking for a perfect combination of heart-pumping cardio and intense functional training, then this is it! Each workout is made accountable with format and equipment changing weekly to increase calorie burn and total body workout. In this workout, you will use equipment such as glides, kettlebells, ropes, weights, medicine/slam balls, tires, dumbbells and more.

**Power Pilates** – Lengthen and strengthen your body with the Ultimate Pilates workout. This class combines the Pilates principles with the use of equipment to build your strength, speed, stability, and to help maximize your potential.

**Sleek Challenge** – This class is the blueprint for creating a long, lean, beautiful body. Downtown Natasha Brown and the “Sleek” experts have used her years of training to create a holistic and form-focused class, which combines every aspect of the sleek movement philosophy. This class has a strong focus on toughness, and how you want your body to look. This class is designed to challenge the strongest of warriors. This class will build your strength.

**MATRIX** – This class is uniquely designed/structured to combine TRX suspension bodyweight exercises and cardio conditioning. The focus of this class is to build endurance, strength, balance, flexibility and core stability simultaneously. This class will use heavy bags, TRX suspension trainers with exercises such as cardio calisthenics.

**Glutes and Back** - We all come to the table with unique anatomy, ability and history. This 30-minute bodyweight class will help to maintain and stabilize your body, improve posture, and keep your midsection injury-proof.

**Stretch and relaxation** – This is neither a Pilates or yoga class, but wonderful stretches flowing down your entire body. If you wake up feeling stiff in the mornings, or just generally tight after a workout, this is an excellent class for preventing injury, improving circulation, flexibility, range of motion, balance and coordination. All fitness levels are welcome.

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## BAHAMAR

### FITNESS CLASS Descriptions

#### **8 @ INFINITY**

Whether you are an avid runner or a weekend walker, this class is designed to help you improve your VO2 max (body utilizing oxygen) and endurance, with track and field drills, dynamic stretches, quick feet movements and more. This will surely help you improve your times or function in any endurance activities. – (Intermediate to Advanced)

#### **Barefoot Beach Bootcamp**

This calisthenics barefoot workout is designed to challenge your nervous system as well as add resistance as you sink into the unstable white Bahamian sand, you'll feel the added difficulty in the first couple of exercises because it is where all the reflex points originates according to Leonardo Davinci. (Intermediate to Advanced)

#### **Yoga**

Vinyasa will build your strength, flexibility and stamina. This practice incorporates flowing breath with movement through standing and balancing sequences followed by seated postures that will strengthen your core and increase your flexibility. The class is open to all levels, offering variations and modifications. You'll leave feeling energized, invigorated and well-balanced.

