

AGE LIMIT

Guests must be 16 years of age or older to enter the Fitness Center.

HOURS OF OPERATION

The Fitness Center is open daily from 5:30AM to 8:00PM.

CONTACT INFO

242-363-3000, ext. 65246

Personal Training Session - 60 minutes - \$130.

Inbody 570 Composition Test - 5 minutes - \$25

Inbody 570 Composition Test plus Analysis - 45 minutes - \$100

Targeted NormaTec Recovery Session - 30 minutes - \$50

Footprint Analysis - 30 minutes - Complimentary

Fit Republic Group Classes

5K Run - C

Beach Trail Walk - C

Bootcamp - C

Plank to 6-pack - C

Kid's Fitness - \$

Sunrise Yoga - C

Vinyasa Flow Yoga - C

Yoga in Paradise - \$

Paddleboard Yoga - \$\$

Aerial Yoga - \$\$

HIIT 45 - \$

TRX® Suspension Training® - \$

RYDE Indoor Cycling - \$

and many more...

C = Complimentary \$ = Fee-\$25 \$\$ = Premium-\$45

Fitness Services

PT, Inbody, NormaTec

WELLNESS SEMINARS

Wellness seminars are available throughout your stay and are complimentary, please contact the fitness center for a schedule of seminars, select from:

How to Increase Your Metabolism

Secrets to a Flatter Stomach

Detox for Health and Weight Loss

Exercise and Nutrition 101

Pricing inclusive of Value Added Tax; for your convenience, a 20% service charge in lieu of gratuity will be automatically applied to the final bill.

FITNESS FACILITY

Our 10,000 sq. ft. Fitness Facility has two movement studios for spinning and yoga classes, a wellness area, and full gym. Our cardio equipment features the latest in technology, with personal LCD TVs and sound system with headphones. We offer a wide selection of strength training machines and free weights and plenty of space for stretching. A grass courtyard and yoga pavilion overlook a 4-lane, 25-meter lap pool with chaise lounges, perfect for outdoor fitness and relaxation. The Pro Shop offers a full line of Atlantis sports apparel for purchase. Rental tennis racquets and lessons with the pro are also available. Separate male and female locker rooms with relaxation lounge, steam chambers, showers, and amenities are included with your **Day Pass**.

FITNESS DAY PASSES ENTITLE GUESTS TO THE FOLLOWING SERVICES AND AMENITIES

Daily Aerobic Classes

Male/Female Steam Chambers

Relaxation Lounge and refreshments

Lap Pool

Male/Female Lockers

Male/Female shower and amenities

Cardio T.V. & Sound System with Head Phones

Fitness Center Class Schedule

Participants must sign up in advance. Please call Fitness Center ext. 65246 or stop in to register for a class.