

train with us

class menu

Awaken Yoga

Mondays & Fridays at 9:00 am
60 minutes. All levels welcome.

Wake up your body and mind with yoga postures, breath, and meditation. Our 60 minute class is designed for the sole purpose of eliminating all your stress and worries while creating a calm and clear mind.

Beach Sculpt

Tuesdays & Thursdays at 10:00 am
60 minutes. All levels welcome.

Join us beach-front for a 60 minute low-intensity full body sculpting. Build strength, endurance, and resistance while burning fat away.

Pilates

Wednesdays at 9:00 am
60 minutes. All levels welcome.

A full body workout focused on creating strong and flexible muscles with a primary focus on the core.

Power Yoga

Saturdays at 9:00 am
60 minutes. All levels welcome.

Our 60 minute power yoga is designed to cleanse your mind, body, and spirit. Breathe in the ocean air as we take you on a journey of self-awareness, while empowering your entire body.

Boxing Bootcamp

Sundays at 10:00 am
60 minutes. All levels welcome.

Ever wanted to train like a fighter? Join us beach-front for a 60 minute boxing session where we will incorporate high-intensity cardio, agility training, and boxing drills to have you saying you could be the next heavyweight champ.

Meeting Location

Please arrive a few minutes before class start time.

Meet your Royafit instructor outside of the spa.

Class destination is subject to change due to weather.

Please check with the spa.

meet your trainers



Yhasmine Ruesta

Awaken Yoga

Influenced by her experience in dance, fitness, and aerial arts, Yhasmine is a versatile yogi. She completed a 200-hour teacher training at Skanda Yoga, an alignment-based power yoga methodology that integrates the Mayan 13 Moon Natural Time calendar as a basis for class sequence and spiritual intention, with heightened synchronization and Universal alignment.

Ashley Burman

Pilates | Awaken Yoga

Ashley is passionate about all things in health and wellness. She is trained in both ashtanga and power yoga. Her teaching practice today combines strength building asana with self love. Ashley will take you on unique journey through her gentle teaching, ensuring you feel centered and blissful.

Thomas Dereymez

Beach Sculpt

Thomas' advanced athletic knowledge of the human body has developed by working with some of the best physical trainers, coaches, and medical staff. This same experience has developed his enduring passion for sports and fitness. His classes will leave you feeling strong, sweaty, and accomplished every time.

Nickole Gonzalez

Power Yoga

Nickole weaves thought-provoking meditations throughout her classes, while her focus on alignment and "going deeper" into any given posture challenges your body in a whole new way. Prepare to squeeze, sweat and smile your way to Savasana.

PJ Venturino

Boxing Bootcamp

PJ has been a personal and group trainer for 10 years. In addition to being a personal trainer, he is a certified nutritionist, group fitness instructor, and KickBoxing instructor. PJ brings a powerful energy to every class, and creates an atmosphere of strength and success.

Joseph Clintron

Beach Sculpt

Joseph specializes in MMA/Boxing, strength and conditioning, weight lifting, weight loss and injury prevention. He has competed in Wrestling, Jiu Jitsu, Muay Thai, and MMA and has also trained under world champions in each discipline.

Private Classes + Experiences Available

- Personal Training

- Private Group Sessions

For further inquiries please visit concierge, spa or call
786.382.5196 | roya@royafit.com