

train with us

class menu

Pilates

Monday & 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.

Beach Sculpt

Tuesdays & Thursdays at 9:00 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.

Power Yoga

Fridays 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.

Awaken Yoga

Saturdays 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.

Cardio Camp

Sundays at 9:00 am

60 minutes. All levels welcome.

This 60 minute cardio based agility circuit is designed to increase your speed and fire up your metabolism. Spend 45 seconds at each of our 7 stations for the ultimate sweat.

meet your trainers

Roya Siroospour

Pilates

Thomas Dereymez

Beach Sculpt | Cardio Camp

PJ Venturino

Cardio Camp | Beach Sculpt

Samantha Ross

Power Yoga | Beach Sculpt | Pilates

Rita Priest

Awaken Yoga

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.

Private Classes + Experiences Available

Personal Training

Private Group Sessions

For further inquiries, please visit concierge, spa or call
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