



SUNDAY PORT CANAVERAL

11:30 am - 10:00 pm GYM HOURS

Check out our latest facilities and ask about our onboard fitness classes and our personal international fitness instructors, who can advise you and personalize a workout program for you.

3:00 pm SPA RAFFLE - \$500 WORTH OF SPA PRIZES TO BE WON

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

MONDAY DAY AT SEA

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

10:00 am SEMINAR: INTRODUCTION TO ACUPUNCTURE - KEYS

10:30 am PAMPER PARTY

11:00 am SEMINAR: SECRETS TO A FLATTER STOMACH (NO FEE APPLIES)

12:00 pm SPA - SEMINAR - ULTIMATE HAIR CUT

2:00 pm SEMINAR: ACUPUNCTURE PAIN RELIEF

3:00 pm SEMINAR: EAT MORE TO WEIGH LESS

4:00 pm GROUP CYCLE (SIGN UP REQUIRED)

5:00 pm YOGA

TUESDAY COZUMEL

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

4:30 pm SEMINAR - ARTHRITIS SOLUTIONS

5:00 pm PILATES

WEDNESDAY GRAND CAYMAN

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

4:00 pm PATHWAY TO YOGA

4:30 pm SEMINAR - ACUPUNCTURE: STRESS RELIEF

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

THURSDAY FALMOUTH

7:30 am SUNRISE STRETCH

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

4:00 pm YOGA

5:00 pm FAB ABS

FRIDAY DAY AT SEA

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

10:00 am SEMINAR: ACUPUNCTURE PAIN RELIEF - KEYS

11:00 am SEMINAR: HOW TO INCREASE YOUR METABOLISM

12:00 pm SEMINAR: IMPROVING POSTURE-WALK IN COMFORT

3:00 pm SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS

4:00 pm GROUP CYCLE (SIGN UP REQUIRED)

5:00 pm PILATES

SATURDAY CASTAWAY CAY

7:00 am SUNRISE STRETCH

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

11:00 am YOGA ON THE BEACH - SERENITY BAY

4:00 pm SEMINAR: CHINESE HERBS

5:00 pm FAB ABS

SPA PORT DAY SPECIALS SALON TASTER SPECIAL

Choose from any of the following: Scalp Massage, European Facial, Hand Treatment, Sunglow Makeover, Conditioning Hair Treatment, Eye Collagen Facial, Foot & Ankle Massage, Neck & Shoulder Massage.

Choose 3 for \$99, Five for \$119 or all Eight for \$139

PAMPER PACKAGE

50 Minute Full Body Massage & Foot and Ankle Massage & Scalp massage
25 Minute Facial

75 Minute Pamper for \$149

BODY DETOX ANALYSIS

Has Weight Loss become mission impossible? Or are you losing inches, but from the wrong areas (Face & Chest?). How efficient is your Metabolism functioning? Using our state of the art Biodynamic machine you will find out exactly what is happening on the inside of your body! Once we have the results we will advise you on Detoxification. ONLY \$33.00 - 45 Minutes

PERSONAL TRAINING

Get a personalized training session with our health and fitness instructors onboard to insure you achieve the best results!

- Single Session (one person) \$82/1 hour

- 3 Sessions (one person) \$246

(Includes a complimentary Body Detox Analysis Test)

7 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts

- Full Body Workout

- Burn up to 700 Calories in 1 Session

- Low Impact/High Intensity

\$33 for 1 Sessions

\$120 for 5 Sessions

(Body Sculpt Body Sculpt Boot Camp includes a complimentary Body Detox Analysis)

FITNESS CENTER - 6:30 AM - 10:00 PM

Shirts and training shoes must be worn at all times.

Fitness Center is reserved for Guests 18 & older.

(Operating Hours Subject to Change)