

FITNESS SCHEDULE

Opening Hours: 6:00am - 9:00pm

SATURDAY: 1 - Fort Lauderdale at 4:00pm

Meet your onboard International Personal Trainers Penelope and Srdjan to find out what you can do this cruise vacation to stay in shape.

5:00pm Complimentary Spa Raffle win up to \$500 in spa vouchers
5:30pm Complimentary Footprint Analysis with Good Feet

SUNDAY: Day 2 - At Sea (GALA NIGHT)

7:00am Morning Stretch
7:30am Fab Abs
8:00am Indoor Cycling *
9:00am Pathway To Yoga*
10:00am Body Sculpt Boot Camp 1/4 **
11:00am Complimentary Seminar: Detox for Health and Weight loss
2:00pm Complimentary Seminar: Walking in Comfort
4:00pm Pure Form Pilates*
5:00pm Evening Stretch

MONDAY Day: 3 - Grand Turk 8:00am - 3:00pm

7:00am Morning Stretch
7:30am Fab Abs
3:00pm Body Sculpt Boot Camp 2/4 **
3:30pm Complimentary Seminar: How to Increase your Metabolism
5:00pm Evening Stretch

TUESDAY Day: 4 - San Juan 1:00pm - 11:00pm

7:00am Morning Stretch
7:30am Fab Abs
8:00am Indoor Cycling *
9:00am Pathway To Yoga*
10:00am Body Sculpt Boot Camp 3/4 **
11:00am Complimentary Seminar: Walking in Comfort
5:00pm Evening Stretch

WEDNESDAY Day: 5 - St Thomas 8:00am - 5:00pm

7:00am Morning Stretch
7:30am Fab Abs
3:00pm Complimentary Footprint Analysis
5:00pm Evening Stretch

THURSDAY Day: 6 - At Sea (GALA NIGHT)

7:00am Morning Stretch
7:30am Fab Abs
8:00am Indoor Cycling *
9:00am Pathway To Yoga*
10:00am Body Sculpt Boot Camp 4/4 **
11:00am Complimentary Seminar: Secrets to a Flatter Stomach
2:00pm Complimentary Seminar: Relieving Back Pain
4:00pm Pure Form Pilates*
5:00pm Evening Stretch

FRIDAY Day: 7 - Half Moon Cay 8:00am - 3:00pm

7:00am Morning Stretch
7:30am Fab Abs
8:00am Pure Form Pilates*
3:30pm Complimentary Seminar: Walking in Comfort
5:00pm Evening Stretch

**BODY SCULPT BOOT CAMP

The most popular and amazing workout we have for you onboard this cruise. Based on the same style of training used by the actors in the movie 300, you will burn between 300-700 calories per session.

INBODY TEST

Measures metabolic rate, toxin and fluid levels, Muscle mass, body fat percentage, and much more! \$99

* Yoga, Pilates & Indoor Cycling are \$12 each

Pathway to Yoga - 3 class pass \$30

Indoor Cycling - 3 class pass \$30

Pure Form Pilates - 3 class pass \$30

** Body Sculpt Boot Camp - \$120 for 4

PERSONAL TRAINING

The average cruiser gains 1-2 pounds... EACH DAY! Ensure you keep active on your vacation and take advantage of our excellent fitness trainers.

Sit down with our experienced trainers, Penelope and Srdjan for a one-on-one session. Book in now for your personalized training session and free program.

COMPLIMENTARY FOOTPRINT ANALYSIS

Got Back Pain? Sick of having sore knees or hip problems? 80% of us turn in or out when we strike the ground, which Cause pain and pressure in your hips, feet, knees and back.



Spa and wellness. Spa y bienestar. Spa e bem-estar.
Spa e benessere. Spa und wellness. Spa et bien-être.