

# Body Waves Fitness Schedule

Open 6 am – 11 pm

## Day 1: MIAMI (Fri)

05:00PM

Spa Raffle

05:30PM

Free Footprint Analysis

## Day 2: GSC (Sat) 8AM-5PM

07:00AM

Stretch Class

08:00AM

TRX\*

09:00AM

Body Sculpt Boot Camp (BSBC)\*

11:00AM

Beach Yoga\*

Meet on the beach at 10:50 latest! At shore x hut, Bring your towel with you.

03:00PM

Relieving Back Pain and Improving Posture!

04:00PM

Indoor Cycling\*

05:00PM

Secret to a Flatter Stomach! Free Seminar!

## Day 3: NASSAU (Sun) 8AM-5PM

07:00AM

Stretch Class

08:00AM

TRX\*

09:00AM

Body Sculpt Boot Camp (BSBC)\*

10:00AM

YOGA\*

03:00PM

Free Footprint Analysis

04:00PM

Indoor Cycling\*

05:00PM

Detox for Health & Weight Loss Free seminar

\*Specialized Classes \$12 per class

\* BSBC \$69 (includes 2 classes)

\* TRX \$20 per class

Please note that an 18% service charge is automatically added on to your services.

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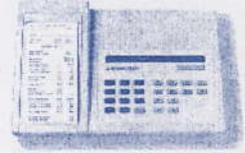
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## BODY COMPOSITION ANALYSIS (BCA)

Do you suffer from?

- High blood pressure
- Cholesterol
- Arthritis
- Weight Gain
- Cellulite
- Slow Metabolism
- Lethargy



BODY TOXIC STATUS: Toxicity is the major cause of chronic diseases and weight gain.

LEVELS OF "TRUE" WATER RETENTION: Water retention causes fat pockets to form in specific areas of the body.

HYDRATION LEVELS: Overall performance of the human body will drop if insufficiently hydrated.

METABOLIC RATE: This is the number of calories your body burns at rest in 24 hours.

Including BCA test and a private consultation

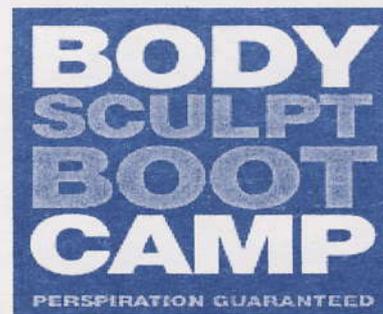
\$35 - Single \$50 - Couple

## TRX Suspension Training

This new method of training stimulates your metabolism and works the whole body using just your bodyweight. \$20 per class.



Burn up to 700 calories in just one 30 min class; it is based on the style of training for the movie '300'. They are circuit based sessions, where you will perform



simple movements with one dumbbell or purely your own bodyweight. The exercises are designed specifically to shape your physique and take you to the next level. You will given the complete body sculpt

program to take home with you, so you can continue with your amazing results.

## Try These Salon Favourites...

**Elemis Exotic Hand Ritual with Manicure** Warmed aromatherapy oils nourish and condition while the sublime sensation of milk lavishes its richness and healing action on your skin. This exquisite ritual includes a complete manicure.

**Elemis Sole Delight Foot Treatment with Pedicure** Indulge your feet in warmed aromatherapy oils combined with the decadence of milk, followed by a full pedicure.

