

# VITALITY FITNESS CENTER SCHEDULE & SEMINARS

## OPEN HOURS 6:00 am – 10:00 pm

### Day 1 -Fort Lauderdale

1:00 pm Meet and greet your onboard Personal Trainer and discover the Vitality Fitness Program.  
4:45pm – Spa Raffle  
5:15 pm Complementary Foot Print Analysis

### Day 2- At Sea

7:00 am Vitality Stretch  
7:30 am Fab Ab's  
8:00 am Indoor Cycling (\$12)  
10:00am Body Sculpt Boot Camp (\$30)  
11:00 am Seminar Detox for Health and Weight Loss\*\*  
1:00 pm Seminar: Eat More To Weigh Less \*\*  
2:00pm Seminar: "GOOD FEET" Relieving Back Pain  
4:00 pm Pathway to Yoga (\$12)

### Day 3- At Sea

7:00 am Vitality Stretch  
7:30 am Pathway to Pilates (\$12)  
8:00 am Indoor Cycling (\$12)  
10:00am Body Sculpt Boot Camp (\$30)  
11:00 am Seminar Burn Fat faster\*\*  
2:00pm Seminar: Secrets to a flatter stomach  
4:00 pm Total Body Conditioning

### Day 4- Aruba

7:00 am Vitality Stretch  
7:30 am Fab Abs  
8:00 am Pathway to Pilates (\$12)  
9:00 am Indoor Cycling (\$12)

### Day 5- Bonaire

7:00 am Vitality Stretch  
7:30 am Fab Abs  
4:00pm Complimentary footprints  
5:00pm Body Sculpt Boot Camp (\$30)

### Day 6- Grenada

7:00 am Vitality Stretch  
7:30 am Fab Abs  
8:00 am Pathway to Yoga (\$12)  
9:00 am Indoor Cycling (\$12)  
11:00am Seminar How To Increase Your Metabolism

### Metabolism Test \$35 /50 Couples

Are you losing weight? Or are you losing fat? Here in the Vitality Fitness Center we can accurately measure your body fat, lean weight, hydration levels, metabolic rate and water retention levels (toxicity). You will receive a printout of your results and a 30minute personal consultation on how to achieve your goals faster and more effectively.

### ZONE Nutritional Consultation 85\$

Spend 60minutes with a nutrition specialist to get your diet back on track. You will walk away with a better understanding of what the role of nutrition plays in your healthy lifestyle and also the ability to be able to write your own meal plan.

### Complimentary Footprint Analysis

Do you suffer from foot or back pain? Your Footprint could hold the answer. Come and join our complimentary seminars during this cruise or book an appointment.

We sent out a personal letter with a consolation price to the segals.

### Day 7- Barbados

7:00 am Vitality Stretch  
7:30am Total Body Conditioning  
4:30 pm Seminar: "GOOD FEET" Relieving Back Pain

### Day 8- St. Antigua

7:00 am Vitality Stretch  
7:30 am Fab Ab's  
9:00am pm Body Sculpt Boot Camp (\$30)  
4:30pm Complementary Foot Print Analysis

### Day 9- At Sea

7:00 am Vitality Stretch  
7:30 am Fab Ab's  
8:00 am Indoor Cycling (\$12)  
10:00am Body Sculpt Boot Camp (\$30)  
11:00 am Seminar Detox for Health and Weight Loss\*\*  
1:00 pm Seminar: Eat More To Weigh Less \*\*  
2:00pm Seminar: "GOOD FEET" Relieving Back Pain  
4:00 pm Pathway to Yoga (\$12)

### Day 10- Labadee

7:00 am Vitality Stretch  
7:30 am Total Body Conditioning  
4:30 pm Seminar How To Increase Your Metabolism

### Day 11- At Sea

7:00 am Vitality Stretch  
7:30 am Pathway to Pilates (\$12)  
8:00 am Indoor Cycling (\$12)  
10:00am Body Sculpt Boot Camp (\$30)  
11:00 am Seminar Burn Fat faster\*\*  
2:00pm Seminar: Secrets to a flatter stomach  
4:00 pm Total Body Conditioning

OUR SKINCARE PROFESSIONALS WILL BE HAPPY  
TO RECOMMEND A FACIAL SPECIFIC TO YOUR NEEDS

