

FITNESS SCHEDULE

Open daily from 6:00 am – 10:00 pm

Day 1, 10:30 am	Monday – Fort Lauderdale, Florida (7:00 am - 4:00 pm) Fitness Center Orientation. Meet your Personal Trainers; find out more about the all new and exciting Fitness Classes.	Day 7, 7:00 am 7:30 am 4:30 pm 5:00 pm	Sunday – Bridgetown, Barbados (7:00 am - 5:00 pm) Early Morning Stretch & Relax Total Body Conditioning Free Footprint Analysis Evening Stretch
4:15 pm 5:00 pm	\$500 Spa Raffle (you must be present to win) Footprint Analysis Free Clinic: Walking in Comfort	Day 8, 7:00 am 7:30 am 4:30 pm 5:00 pm 5:30 pm	Monday – Castries, St. Lucia (7:00 am - 4:00 pm) Early Morning Stretch & Relax Fab Abs Free Footprint Analysis Evening Stretch Complimentary Wellness Seminar: IMPROVE YOUR POSTURE
Day 2, 7:00 am 7:30 am 8:00 am 9:00 am 10:00 am 11:00 am	Tuesday – At Sea Early Morning Stretch & Relax Fab Abs Pathway to Yoga (\$) Indoor Cycling (\$) Body Sculpt Boot Camp I (\$) Complimentary Wellness Seminar: SECRETS TO A FLATTER STOMACH Complimentary Wellness Seminar WALKING IN COMFORT Free Footprint Analysis Evening Stretch	Day 9, 7:00 am 7:30 am 4:30 pm 5:00 pm	Tuesday – St Johns, Antigua (7:00 am - 4:00 pm) Early Morning Stretch & Relax Circuits Free Footprint Analysis Evening Stretch
2:00 pm		Day 10, 7:00 am 7:30 am 8:00 am 9:00 am 10:00 am 11:00 am	Wednesday – At Sea Early Morning Stretch & Relax Total Body Conditioning Pathway to Pilates (\$) Indoor Cycling (\$) Body Sculpt Boot Camp III (\$) Complimentary Wellness Seminar: HOW TO INCREASE YOUR METABOLISM Complimentary Wellness Seminar RELIEVING BACK PAIN Free Footprint Analysis Evening Stretch
4:30 pm 5:00 pm		2:00 pm	
Day 3, 7:00 am 7:30 am 8:00 am 9:00 am 10:00 am 11:00 am	Wednesday – At Sea Early Morning Stretch & Relax Circuits Pathway to Pilates (\$) Indoor Cycling (\$) Body Sculpt Boot Camp II (\$) Complimentary Wellness Seminar: DETOX FOR HEALTH & WEIGHT LOSS Complimentary Wellness Seminar RELIEVING BACK PAIN Free Footprint Analysis Evening Stretch	4:30 pm 5:00 pm	
2:00 pm		Day 11, 7:00 am 7:30 am 8:00 am 9:00 am 10:00 am 11:00 am	Thursday – At Sea Early Morning Stretch & Relax Fab Abs Pathway to Yoga (\$) Indoor Cycling (\$) Body Sculpt Boot Camp IV (\$) Complimentary Wellness Seminar: DETOX FOR HEALTH & WEIGHT LOSS Complimentary Wellness Seminar WALKING IN COMFORT Free Footprint Analysis Evening Stretch
4:30 pm 5:00 pm		2:00 pm	
Day 4, 7:00 am 7:30 am 8:00 am 4:30 pm 5:00 pm	Thursday – Oranjestad, Aruba (10:00 am - 8:00 pm) Early Morning Stretch & Relax Total Body Conditioning Pathway to Yoga (\$) Free Footprint Analysis Evening Stretch	4:30 pm 5:00 pm	
Day 5, 7:00 am 7:30 am 4:00 pm	Friday – Kralendijk, Bonaire (7:00 am - 2:00 pm) Early Morning Stretch & Relax Fab Abs Complimentary Wellness Seminar: EAT MORE TO WEIGH LESS Free Footprint Analysis Evening Stretch		
4:30 pm 5:00 pm			
Day 6, 7:00 am 7:30 am 11:00 am	Saturday – St. George's, Grenada (1:00 pm - 8:00 pm) Early Morning Stretch & Relax Total Body Conditioning Complimentary Wellness Seminar: BURN FAT FASTER Free Footprint Analysis Evening Stretch		
4:30 pm 5:00 pm			

PRICES (\$)

Personal Training 3 Sessions = \$209
Personal Training 1 Session = \$85
Body Sculpt Boot Camp – 4 x 30 minutes + BCA = \$120
Indoor Cycling – 1 x 45 minutes = \$12
Pathway to Yoga – 1 x 45 minutes = \$12
Pathway to Pilates – 1 x 45 minutes = \$12

TRY THESE SIGNATURE ACUPUNCTURE TREATMENTS...

Facial Rejuvenation Get a younger, more vibrant look without undergoing an invasive procedure. This natural approach to anti-aging uses acupuncture needles to reduce lines and wrinkles.

Pain Management with Acupuncture If you want to relieve aches and pains, this acupuncture treatment is for you. This pain management therapy will reduce or eliminate chronic back, neck and joint pain.

Weight-Loss Acupuncture Having trouble shedding those extra pounds? This acupuncture treatment will help you lose weight safely and effectively.

