

Vitality Fitness Schedule

Opening hours: 6:00 am – 1:00 am

Friday 15th – Cape Liberty (11am-3pm)

Meet and greet your Personal Trainers, Elisa and Clara. Learn about our Specialty Classes, Complimentary Seminars & BODY SCULPT BOOT CAMP.

4:00 pm Raffle Drawing
AFTER RAFFLE: Ask your trainers about the InBody Analysis Special!

Saturday 16th – Sea Day

7:00 am Vitality Stretch
 7:30 am Fab Abs
 8:00 am Pathway to Yoga (\$12)
 8:00 am Tour De Cycle (\$12)
 9:00 am TRX Suspension Training (\$20)
 10:00 am **Body Sculpt Boot Camp 1 of 4***
 11:00 am **Complimentary Wellness Presentation SECRETS TO A FLATTER STOMACH**
 2:00 pm **Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET**
 4:30 pm Tour De Cycle (\$12)
 5:30 pm Evening Stretch

Sunday 17th – Sea Day

7:00 am Vitality Stretch
 7:30 am Fab Abs
 8:00 am Tour De Cycle (\$12)
 9:00 am TRX Suspension Training (\$20)
 11:00 am **Complimentary Wellness Presentation DETOX FOR HEALTH AND WEIGHT LOSS**
 2:00 pm **Complimentary Wellness Presentation EAT MORE TO WEIGH LESS**
 5:30 pm Evening Stretch

Monday 18th – San Juan, Puerto Rico (3pm-10pm)

7:00 am Vitality Stretch
 7:30 am Fab Abs
 8:00 am Pathway to Yoga (\$12)
 8:00 am Tour De Cycle (\$12)
 9:00 am TRX Suspension Training (\$20)
 10:00 am **Body Sculpt Boot Camp Session 2***
 11:00 am **FREE FOOT PRINT ANALYSIS**
 5:30 pm Evening Stretch

Tuesday 19th – Charlotte Amalie, St. Thomas (8am-5pm)

7:00 am Vitality Stretch
 7:30 am Fab Abs
 5:30 pm Evening Stretch

Got Back Pain? Sick of having sore knees or hip problems? The solution to your problem could be your feet. Come along to the fitness center Deck 16 FWD for your FREE foot print analysis. We may be able to give you the solution to your problem by seeing one simple foot print.



7:00 am Vitality Stretch
 7:30 am Fab Abs
 5:30 pm Evening Stretch

Thursday 21st – Basseterre, St. Kitts & Nevis (8am-5pm)

7:00 am Vitality Stretch
 7:30 am Fab Abs
 5:30 pm Evening Stretch

Friday 22nd – Sea Day

7:00 am Vitality Stretch
 7:30 am Fab Abs
 8:00 am Pathway to Yoga (\$12)
 8:00 am Tour De Cycle (\$12)
 9:00 am TRX Suspension Training (\$20)
 10:00 am **Body Sculpt Boot Camp Session 3***
 5:30 pm Evening Stretch

Saturday 23rd – Sea Day

7:00 am Vitality Stretch
 7:30 am Fab Abs
 8:00 am Pure Form Pilates (\$12)
 8:00 am Tour De Cycle (\$12)
 9:00 am TRX Suspension Training (\$20)
 11:00 am **Complimentary Wellness Presentation BURN FAT FASTER**
 2:00 pm **Complimentary Wellness Presentation POWERFUL POSTURE**
 5:30 pm Evening Stretch

Sunday 24th – Sea Day

7:00 am Vitality Stretch
 7:30 am Fab Abs
 8:00 am Pathway to Yoga (\$12)
 8:00 am Tour De Cycle (\$12)
 9:00 am TRX Suspension Training (\$20)
 10:00 am **Body Sculpt Boot Camp Session 4***
 11:00 am **Complimentary Wellness Presentation HOW TO INCREASE YOUR METABOLISM**
 5:30 pm Evening Stretch

*Body Sculpt Boot Camp (BSBC)

This is a totally different form of training to anything you may have done before. The exercises are specifically designed to shape your physique and burn over 700 calories in one 30 minute session. BSBC consists of 4 sessions for only \$120. Once completed you will receive a complimentary InBody Metabolism Analysis (normally \$99) to assess how well your body is functioning.

INTRODUCING – The InBody 570

A Body Fat and Metabolism Analysis to teach you how to:

- Burn FAT Faster
- Eliminate Water Retention
- Increase Your Energy Levels
- Successfully Manage Your Weight



Discover ALL the information you need to obtain your desired results

VISIT THE FITNESS CENTER FOR MORE INFORMATION

Wednesday 20th – Philipsburg, St. Martin (8am-5pm)

