

# ADVENTURE FITNESS CENTER

Open daily from 6:00 am – 11:00pm

**DAY 1**  
1.00pm – 5.00 pm **SOUTHAMPTON**  
Come and meet your onboard Personal Trainers **MICHAEL** and **DAN** to learn about the entire range of specialized classes, complimentary health and wellness seminars as well as our exclusive **Body Sculpt Bootcamp Program!**  
5.00 pm Complimentary Spa Raffle

**DAY 2**  
7.00 am **BRUGES 7:00am – 5:00pm**  
7.30 am Stretch and Relax  
8.30 am Tour de Cycle (\$)  
11.00 am Seminar – Detox for Health & Weight Loss\*\*  
4.00 pm Pathway to Pilates (\$)  
5.00 pm 1<sup>st</sup> Body Sculpt Boot Camp (\$)  
5.00 pm – 8.00 pm Complimentary Footprint Analysis  
Walk in Clinic\*

**DAY 3**  
7.00 am **PARIS 7:00am - 9:00pm**  
7.30 am Stretch and Relax  
8.30 am Pathway to Yoga (\$)  
8.30 am Tour de Cycle (\$)  
11:00 am Seminar – Relieving Back Pain\*\*  
4.00 pm – 8.00 pm Complimentary Footprint Analysis  
Walk in Clinic\*  
5.00 pm Pathway to Pilates (\$)

**DAY 4**  
7.30 am **AT SEA**  
8.00 am Stretch and Relax  
8.00 am Pathway to Pilates (\$)  
9.00 am Tour de Cycle (\$)  
10:00 am 2<sup>nd</sup> Body Sculpt Boot Camp (\$)  
11.00 am Seminar – Detox for Health & Weight Loss\*\*  
1:00 pm Seminar – Walking in Comfort\*\*  
2.00 pm Seminar – Eat More to Weigh Less\*\*  
4.00 pm Pathway to Yoga (\$)  
4.00 pm – 8.00 pm Complimentary Footprint Analysis  
Walk in Clinic\*

## FITNESS SERVICES

Nutrition Consultation	60 minutes	\$85
Body Composition Analysis (BCA)	45 minutes	\$35
Couples BCA	60 minutes	\$50
One-on-one Personal Training	60 minutes	\$85
Complimentary Foot Print Analysis	15 minutes	FREE
Health Consultation Assessment	15 minutes	FREE

## BODY SCULPT BOOT CAMP

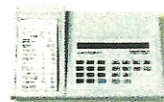
A high intensity workout activating all the **fast twitch muscles** in your body. You will burn up to 700 calories in one 30 minute session. There are 2 classes in total including a complimentary metabolism assessment and a full boot camp program to take home with you.

**ONLY \$79 for 2 sessions!**

## RESULTS BASED TRAINING

Consists of 3 - 30 minute one on one personal training sessions  
**ONLY \$99!**

## BODY COMPOSITION ANALYSIS (BCA)



Measures: Metabolic rate, Toxin and Fluid retention levels. Muscle mass and Body fat %.

Using our state-of-the-art Biodynamic machine, we will find out how your metabolism is functioning. Then we will provide you with the strategy to reach your goals by incorporating exercise, nutrition and **detoxification**. Now is the time to make your weight-loss mission possible. It's time to lose weight from the thigh areas! It's time to increase your energy and maintain a fast metabolism!

## COMPLIMENTARY FOOTPRINT ANALYSIS



Did you know that 80% of us have feet that turn in or out too much when we walk, causing pain and pressure on our feet, hips & back? Sign up for a complimentary footprint analysis or join one of our educational seminars to find out if your feet are properly supporting your body and learn how a thin, flexible shoe insert could help make your feet and back more comfortable.

\*Footprint Analysis's during the walk in Clinic are conducted depending on availability

\*\* Indicates Complimentary Fitness Seminar. All seminars will be performed in English

## 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.

