

VITALITY FITNESS CENTER PROGRAM

Day 1: Harwich (11:00 am – 17:00 pm)
Fitness Center Orientation with your Personal Trainers

Day 2: La Harve (7:00 am – 21:00pm)
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Complimentary Foot Prints
5:00 pm – Fab Abs
5:30 pm – Evening Stretch

Day 3: Portland (7:0 am – 16:00 pm)
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
4:30 pm – Free Seminar: Eat More to Weigh Less
5:30 pm – Evening Stretch

Day 4: Cork (10:00am – 18:30 pm)
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Complimentary Foot Prints
5:00 pm – Fab Abs
5:30 pm – Evening Stretch

Day 5: Dublin (10:30 am – 23:15pm)
7:00 am – Vitality Stretch
7:30 am – Total Body conditioning
8:00 am – Complimentary Foot Prints
10:00 am – Free Seminar: Eat More to Weigh Less
5:30 pm – Evening Stretch

Day 6: : At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
10:00 am – Body Sculpt Boot Camp (I) (\$)
11:00 am – Free Seminar: Increase your Metabolism
1:00 pm – Free Seminar: Good Feet: Relieve Back Pain
2:00 pm – Free Seminar: Detox for Health and Weight Loss
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

Day 7: Klasvik (9:00 am – 18:00 pm)
7:00 am – Vitality Stretch
7:30 am – Total Body conditioning
4:30 pm – Free Seminar: Good Feet: Relieve Back Pain
5:30 pm – Evening Stretch

Day 8: : At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
10:00 am – Body Sculpt Boot Camp (II) (\$)
11:00 am – Free Seminar: Detox for Health and Weight Loss
1:00 pm – Free Seminar: Good Feet: Relieve Back Pain
2:00 pm – Free Seminar: Increase your Metabolism
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

Day 9: Reykjavik (8:00 am – overnight)
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Complimentary Foot Prints
4:00 pm – Free Seminar: Eat More to Weigh Less
5:30 pm – Evening Stretch

Day 10: Reykjavik (Overnight – 17:00 pm)
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
3:00 pm – Free Seminar: Good Feet: Improve your Posture
4:00 pm – Free Seminar: Increase your Metabolism
5:00 pm – Fab Abs

Day 11: At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
10:00 am – Body Sculpt Boot Camp (III) (\$)
11:00 am – Free Seminar: Detox for Health and Weight Loss
1:00 pm – Free Seminar: Good Feet: Relieve Back Pain
2:00 pm – Free Seminar: Increase your Metabolism
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

Day 12: At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
11:00 am – Free Seminar: Detox for Health and Weight Loss
1:00 pm – Free Seminar: Good Feet: Relieve Back Pain
2:00 pm – Free Seminar: Increase your Metabolism
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

Day 13: At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
10:00 am – Body Sculpt Boot Camp (IV) (\$)
11:00 am – Free Seminar: Increase your Metabolism
1:00 pm – Free Seminar: Good Feet: Improve your Posture
2:00 pm – Free Seminar: Detox for Health and Weight Loss
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

Day 14: At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
11:00 am – Free Seminar: Increase your Metabolism
1:00 pm – Free Seminar: Good Feet: Improve your Posture
2:00 pm – Free Seminar: Detox for Health and Weight Loss
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

Day 12: At Sea
7:00 am – Vitality Stretch
7:30 am – Total Body Conditioning
8:00 am – Pathway to Yoga (\$12 fee)
9:00 am – Tour de Cycle (\$12 fee)
11:00 am – Free Seminar: Detox for Health and Weight Loss
1:00 pm – Free Seminar: Good Feet: Relieve Back Pain
2:00 pm – Free Seminar: Increase your Metabolism
3:15 pm – Core Conditioning Pilates (\$12 fee)
5:00 pm – Fab Abs

A 18% gratuity applies to all services and classes.
Open 6:00 am – 10:00 pm. Dial 3887/3888.

VISIT THE FITNESS CENTER FOR MORE INFORMATION

