

FITNESS SCHEDULE

PORT CANAVERAL

Opening Hours: 6am – 10pm

1:00pm Spa and Gym Tours
4:45pm Spa Raffle

5:15pm

FREE SEMINAR:

BURN FAT FASTER

Aerobics Studio, Sports Deck 12 Fwd

NASSAU

Opening Hours: 6am – 10pm

7:00am Free Stretch and Relax Class
7:30am Free Abs Attack Class
8:00am Tour de Cycle (\$12)
9:00am Body Sculpt Boot Camp (fee involved)

9:30am

FREE SEMINAR:

WALKING IN COMFORT – IMPROVING POSTURE

Aerobics Studio, Sports Deck 12 Fwd

5:00pm Foot Print Analysis

FUN DAY AT SEA

Opening Hours: 6am – 10pm

7:00am Free Stretch and Relax Class
7:30am Free Abs Attack Class
8:00am Tour de Cycle (\$12)
9:00am Body Sculpt Boot Camp (fee involved)

10:30am

FREE SEMINARS:

SECRETS TO A FLATTER STOMACH

Aerobics Studio, Sports Deck 12 Fwd

2:00pm

DETOX FOR HEALTH AND WEIGHT LOSS

Aerobics Studio, Sports Deck 12 Fwd

5:00pm Foot Print Analysis

FREEPORT

Opening Hours: 6am – 10pm

7:00am Free Stretch and Relax Class
7:30am Free Abs Attack Class
8:00am Yoga (\$12)
9:00am Body Sculpt Boot Camp (fee involved)
4:00pm Pilates (\$12)
5:00pm Foot Print Analysis

HEALTH ASSESSMENT

Using state of the art impedance analysis you will be educated on the following:

BODY'S TOXIC STATUS: Many scientists are in agreement that the major cause of degenerative disease and cancer is internal toxicity,

LEVEL OF "TRUE" WATER RETENTION: True water retention causes fat pockets to form in specific areas of the body,

LEAN BODY MASS: Muscles, tendons, ligaments and bones dictates your basal nutrition needs and metabolic rate,

METABOLIC RATE: This is the number of calories your body burns at rest in 24 hours.

TEST & PRIVATE CONSULTATION IS APROXIMATELY 45 MINUTES ONLY \$35

Spa Deck 12 Fwd or Call #2009

APPOINTMENTS MADE WITHIN 24 HOUR PERIOD ARE CONFIRMED AND FALL UNDER CANCELLATION POLICY (50% FEE) AVAILABILITY IS LIMITED. PRICES SUBJECT TO CHANGE.

Spa & Salon

