

FITNESS SCHEDULE

NEW YORK

1:00pm Spa and Gym tours
 5:00pm Spa Raffle - Win \$500 Spa Credits
 5:30pm Free Foot Print Analysis

SEA DAY 1

7:00am Sunrise Stretching Class
 7:30am Abs class
 8:00am Indoor Cycling +
 9:00am Boot Camp +
 10:00am **FREE SEMINAR:** Detox for Health and Weight loss
 11:00am Pathway to Yoga +
 1:00pm **FREE SEMINAR:** Relieving Back Pain - Joint Pain
 2:00pm **FREE SEMINAR:** Secrets to a Flatter Stomach
 5:00pm Pilates+

+ FEE APPLIES

Please allow 24 hours notice when changing or cancelling your fitness appointments to avoid a automatic 50% charge. Cancellation policy applies to all appointments schedule within 24 hours.

BODY SCULPT BOOT CAMP

Boot camp is a blood pumping, throat clearing, endorphin releasing reason to get out of bed every morning. This energizing course of 3 specifically designed workouts will challenge the mind, body and soul and will benefit every individual that enlists.

For just \$90 per person you will take 3 awesome classes and also receive a Free Body Composition Analysis and a take home workout guide to continue seeing results once you get home.

Body Composition Analysis

Per person \$35 / Couples \$50

Find out how fast your metabolism is and how to increase it. Discover your toxic fluid retention levels and learn what detox program is best for you. Find out your body fat percentage and exactly how to lower it. You must know more about your body if you expect to change it.

Nutrition Program - \$85

Are you tired of fad diets? Want one that really works and lose those extra pounds the healthy way? Book a nutrition consultation to find out how to eat to live and not how to live to eat! Includes a free Metabolism Assessment

Free Foot Print Analysis

"Good Feet"

Got Back Pain? Tired of Having sore knees or hip problems? The solution could be your feet. Book your FREE foot analysis. We may be able to give you the solution to your concern by seeing one simple footprint!

Spa & Salon

