

# Fitness Schedule

## Saturday – Miami

2:00pm – 8.00pm - Gym Orientation & Class Sign Up

## Sunday – Half Moon (8am-4pm)

7:30am Stretch & Wake Up Class  
8:00am Abs express  
4:00pm Spinning \*

## Monday – At Sea (8am-10pm)

7:00am Stretch  
7:30pm Absolute Abs  
8:00 am Yoga \*  
9:00am Pilates\*  
12:00 noon FREE Seminar: SECRETS TO A FLATTER STOMACH

2:00 pm FREE Seminar: DETOX FOR HEALTH AND WEIGHTLOSS

5:00 pm Indoor Spinning \*

## Tuesday ST. Thomas (8am-6pm)

7:30am Stretch & Wake Up Class  
5:00pm Abs express

## Wednesday – San Juan(7am-3pm)

7:30 am Stretch & Wake Up Class  
8:00am Absolute Abs  
4:00 pm Spinning \*

## THURSDAY –Grand Turk (11am-6pm)

7:30 am Stretch  
9:00am Spinning \*

10:00am FREE SEMINAR – BURN FAT FASTER

## Friday- At Sea

7:00 am Stretch & Wake Up Class  
7:30 am Fab ABS  
8:00 am Yoga \*  
9:00 am Pilates \*

10:00 am FREE Seminar: DETOX FOR HEALTH & WEIGHT LOSS

5:00 pm Spinning \*

## CLASS PACKAGE

YOGA\*  
PILATES\* 3 class package  
\$30 per package or \$12 per class  
SPINNING\*

## PERSONAL TRAINER \*

One on One training with our two renowned International Fitness Experts.

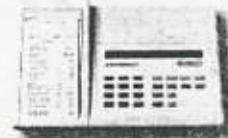
Weight loss                      Gain Strength  
Muscle tone                      Increase Flexibility  
Core Conditioning

Take home the program designed to meet your needs.

"Top Up, Kick Start" single session- \$85

"Ready for a Lifestyle change" course of 3 - \$209

## \*Metabolism Test & Body Composition Analysis



How efficient is your Metabolism functioning? Using our state of the art Biodynamic machine you will find out exactly what is happening on the inside of your body! Once we have the results we will advise you through Exercise, Nutrition and Detoxification

**ONLY \$35.00**

## TRY THESE SIGNATURE BODY TREATMENTS...

**Elemis Aroma Stone Therapy** Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will drift into a world of pure bliss.

**Ionithermie Cellulite Reduction Program** This revolutionary therapy reduces the appearance of cellulite, detoxifies the body and offers substantial inch loss (between 1-8 inches) in just one session.

**Elemis Aroma Spa Ocean Wrap with Massage** A heated seaweed mask with a warm blend of essential oils is applied to your body before you are cocooned in a warm wrap. This treatment is ideal for sore muscles, tension, stress, poor circulation, arthritis, or cellulite.

