

FITNESS SCHEDULE

FITNESS SERVICES

TAMPA

1:00-3:00pm Gym Introduction
Meet your on board personal trainers
Chantelle and Sergiu
4:30pm Spa Raffle
5:00pm Free Foot Print Analysis
6:00-8:00pm Gym orientation class
Sign ups

FUN DAY AT SEA

7:00am Sunrise Stretch
7:30am Fab Abs
8:00am Pathway to Yoga (\$12)
9:00am Spinning (\$12)
11:45am Body Sculpt Boot Camp(\$35)

Free Health Presentation

10:00am Detox For Health & Weight Loss-

2:00pm Relieving Back Pain

4:00pm Pilates (\$12)

GRAND CAYMAN

7:00am Sunrise Stretch
7:30am Fab Abs
4:00pm Body Sculpt Boot Camp(\$35)
5:00pm Total Body Conditioning
6:00pm - 8:00pm
Free Foot Print Analysis

COZUMEL

7:00am Sunrise Stretch
7:30am Fab Abs
8:00am Body Sculpt Boot Camp(\$35)
5:00pm Total Body Conditioning
7:00pm - 8:00pm
Free Foot Print Analysis

FUN DAY AT SEA

7:00am Sunrise Stretch
7:30am Fab Abs
8:00am Pathway To Yoga (\$12)
9:00am Spinning (\$12)
10:00am Body Sculpt Boot Camp \$35)

Free Health Presentation

11:00am Eat More To Weigh Less

2:00pm Secrets To A Flatter Stomach

4:00pm Pilates (\$12)
5:00pm Free Foot Print Analysis

Body Sculpt Boot Camp

Increase Muscle tone, improve muscular strength, enhance endurance, energy, and boost self-esteem & confidence. Body Sculpt will take you to a whole new level of fitness! Includes:

- All Body Sculpt sessions for the duration of the cruise
- Metabolism Assessment (BCA)
- The Body Sculpt Boot Camp program to take home with you

Stimulate your fast twitch muscle fibers and burn between 300-700 calories in each 30 minute session.
Get enlisted, Get Results. Cruise Price \$120

Health Assessment (BCA)

Using state of the art Bio-impedance Analyzer you will be educated on the following:

Body's Toxic Status: Many scientists are in agreement that the major cause of degenerative disease is internal toxicity.

Levels of 'TRUE' water retention: True water retention causes fat pockets to form in specific areas of the body.

Lean Body Mass: 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 and Private Consultation is approximately 45 minutes. ONLY \$50 Couples, \$35 single test.

*Proper shoes and clothing are required for gym/classes

* Children under 12 are not permitted in spa/gym facilities
Children between the age of 12-16 must have parental supervision

Gym Opening Hrs. 6.00am - 10.00pm

DECK 12 FORWARD SPA CARNIVAL

Spa & Salon

