

FITNESS SCHEDULE

Monday – Fun Day At Sea

7:00am Stretch and Relax
 7:30am Fab Abs Class
 8:00am Yoga (\$12)
 9:00am Tour de Cycle – Les Alpes (\$12)
 10:00am BODY SCULPT BOOT CAMP 1 (+)
 11:00am FREE Seminar: Secrets to a Flatter Stomach
 2:00pm FREE Seminar: Relieving Back Pain
 4:00pm Pilates (\$12)
 5:00pm Total Body Conditioning

Tuesday – Fun Day At Sea

7:00am Stretch and Relax
 7:30am Fab Abs Class
 8:00am Yoga (\$12)
 9:00am Pilates (\$12)
 10:00am BODY SCULPT BOOT CAMP 1 (+)
 11:00am FREE Seminar: Detox for Health and Weight Loss
 2:00pm FREE Seminar: Eat More to Weigh Less
 4:00pm Tour de Cycle – Alp D'Huez (\$12)
 5:00pm Total Body Conditioning
 5:30pm Free Footprint Analysis

Wednesday – Grand Turk 9:00 am – 3:00 pm

7:00am Stretch and Relax
 7:30am Fab Abs Class
 4:00pm Tour de Cycle – Time Trial (\$12)
 5:00pm Total Body Conditioning
 5:30pm Free Footprint Analysis

Thursday – Half Moon Cay 9:00am – 5:00pm

7:00am Stretch and Relax
 7:30am Fab Abs Class
 10:00am BEACH YOGA (\$12)
 5:00pm Total Body Conditioning
 5:30pm Free Footprint Analysis

Friday – Nassau 7:00 am – 4:00 pm

7:00am Stretch and Relax
 7:30am Fab Abs Class
 5:00pm Total Body Conditioning

Saturday – Fun Day At Sea - Fun Day At Sea

7:00am Stretch and Relax
 7:30am Fab Abs Class
 8:00am Tour de Cycle – Les Alpes (\$12)
 9:00am Yoga (\$12)
 10:00am BODY SCULPT BOOT CAMP 3 (+)
 11:00am FREE Seminar: Secrets to a Flatter Stomach
 1:00pm FREE Seminar: Improving Posture with GoodFeet
 2:00pm FREE Seminar: How to Increase Your Metabolism
 4:00pm Pilates (\$12)
 5:00pm Total Body Conditioning

Sunday – Fun Day At Sea – Fun Day At Sea

7:00am Stretch and Relax
 7:30am Fab Abs Class
 8:00am Pilates (\$12)
 9:00am Yoga (\$12)
 10:00am BODY SCULPT BOOT CAMP 4 (+)
 11:00am FREE Seminar: Detox for Health and Weight Loss
 2:00pm FREE Seminar: Relieving Back Pain
 4:00pm Tour de Cycle – Alp D'Huez (\$12)
 5:00pm Total Body Conditioning

BODY SCULPT BOOT CAMP

CURRENTLY THE BEST WORK-OUT PROGRAM

INCREASE YOUR METABOLISM
AND BURN 500 – 700 CALORIES
IN ONLY 30min BY ACTIVATING
YOUR FAST TWITCH MUSCLE
FIBERS.

4 SESSIONS

WHICH INCLUDE A FREE
HEALTH ASSESMENT AND TAKE
AWAY FITNESS PROGRAM FOR
ONLY \$120

GET ENLISTED & GET RESULTS

Number 1 Fitness Service.
HEALTH ASSESSMENT
FIND OUT HOW BALANCED
YOUR BODY IS AND HOW
EFFECTIVELY IT IS WORKING
FOR YOU!

Book your METABOLISM
ASSESSMENT today with your
onboard Personal Trainer.
\$35.00

Personal Training

Do you want to lose weight? Tone
your muscles? Have you reached
your plateau and can't lose that
extra few pounds? Reduce the
effects of back pain, weak
abdominals and strengthen you
core muscles. Our fitness trainers
specialize in individualized
programs to help you achieve your
goals.

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Please sign up early for fitness classes to avoid disappointment.