

# FITNESS SCHEDULE \*(Fee applies)

Fitness Center working hours: 06am – 10 pm

## 1<sup>st</sup> Fun Day At Sea

7:00am Stretch and Relax  
7:30am Fab Abs Class  
8:00am Tour de Cycle – Alp D'Huez \*  
9:00am Pathway to Yoga \*  
10:00am BODY SCULPT BOOT CAMP \*  
11:00am FREE Seminar: SECRETS TO FLATTER STOMACH  
12:45pm Strong Core Pilates \*  
2:00pm FREE Seminar: DETOX FOR HEALTH AND WEIGHT LOSS

## Boston, MA 8:00am – 5:00pm

7:00am Stretch and Relax  
7:30am Fab Abs Class  
8:00am Tour de Cycle – Alp D'Huez \*  
5:30pm Tour de Cycle – Alp D'Huez \*

## Portland ME 7:00 am – 5:00 pm

7:00am Stretch and Relax  
7:30am Fab Abs Class  
5:00pm Free Footprint Analysis  
5:30pm Burn Fat Faster  
6:00pm Pathway to Yoga \*

## St John NB, Canada 8:00 am – 4:00 pm

7:00am Stretch and Relax  
7:30am Fab Abs Class  
8:00am Pathway to Yoga \*  
4:30pm Tour de Cycle – Alp D'Huez \*

## Personal Training

-Do you want to lose weight? Tone your muscles? Have you reached your plateau?  
-Reduce the effects of back pain and weak abdominals  
-Our fitness trainers specialize in individualized programs to help you achieve your goals.  
-Includes Body Composition Analysis test.

1 hour session \$85

3 sessions \$199

## Halifax NS, Canada 10:00 am – 6:00 pm

7:00am Stretch and Relax  
7:30am Fab Abs Class  
8:00am Tour de Cycle – Alp D'Huez \*  
9:00am Pathway to Yoga \*

## 2<sup>nd</sup> Fun Day At Sea

7:00am Stretch and Relax  
7:30am Fab Abs Class  
8:00am Tour de Cycle – Alp D'Huez \*  
9:00am Pathway to Yoga \*  
10:00am BODY SCULPT BOOT CAMP \*  
11:00pm FREE Seminar: SECRETS TO FLATTER STOMACH  
12:45 Strong Core Pilates \*  
2:00pm FREE Seminar: RELIEVING BACK PAIN  
7:00pm Free Footprint Analysis

## BODY SCULPT BOOT CAMP

**CURRENTLY THE BEST  
WORK-OUT PROGRAM**

BURN 500 – 700 CALORIES  
AND INCREASE YOUR  
METABOLIC RATE  
IN ONLY 35min BY ACTIVATING  
YOUR FAST TWITCH MUSCLE  
FIBERS.

2 x SESSIONS  
WHICH INCLUDE:

**-A FREE HEALTH ASSESMENT  
- A TAKE AWAY FITNESS PROGRAM**

FOR ONLY \$69  
GET ENLISTED & GET RESULTS

Spa & Salon



Please note 15% Auto-gratuity added to all Services