



stretch,  
MOVE, ENJOY ...

At Canyon Ranch SpaClub, get fit and stay in shape with the help of Canyon Ranch experts and energizing fitness activities.

VISIT THE SPA & FITNESS CENTER

Choose from an array of fitness classes every day. Ask about personal training sessions to help attain your health and fitness goals.

CANYONRANCH  
*SpaClub*<sup>®</sup>  
on CELEBRITY CRUISES<sup>®</sup>



## For The Fittest Guests Onboard! 12<sup>th</sup>-22<sup>th</sup> December

Saturday 13th December – Sea		
7:00am	Walk a Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Yoga \$11*	Fitness Center
9:00am	Indoor Cycling \$11*	Fitness Center
<b>11:00am</b>	<b>Seminar: Secrets to a Flatter Stomach</b>	<b>See Daily</b>
1:30pm	Total Tube	Fitness Center
<b>2:00pm</b>	<b>Seminar: Happy Feet Healthy Back</b>	<b>See Daily</b>
3:00pm	Pilates \$11*	Fitness Center
4:00pm	Intro to Zumba	Poolside
5:00pm	Boot camp \$11*	Fitness Center

Sunday 14 <sup>th</sup> December – Sea		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor cycling \$11*	Fitness Center
9:00am	Yoga \$11*	Fitness Center
10:00am	Abs Class	Fitness Center
<b>11:00am</b>	<b>Seminar: Healthy Feet For Happy Life</b>	<b>See Daily</b>
<b>2:00pm</b>	<b>Seminar: How to Boost Your Metabolism</b>	<b>See Daily</b>
4:00pm	Zumba \$11*	Fitness Center
5:00pm	Boot camp \$11*	Fitness Center

Monday 15 <sup>th</sup> December – St. Thomas		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor Cycling \$11*	Fitness Center
4:00pm	Posture and Balance (Demo)	Fitness Center
5:00pm	Get on the Ball	Fitness Center

Tuesday 16 <sup>th</sup> December – St. Kitts		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor Cycling \$11*	Fitness Center
3:00pm	Abs Class	Fitness Center
4:00pm	Posture and Balance (Demo)	Fitness Center
5:00pm	Pilates \$11*	Fitness Center
Wednesday 17 <sup>th</sup> December – Barbados		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Outdoor Cycling \$11*	Fitness Center
5:00pm	Energize your Soles	Fitness Center

Thursday 18 <sup>th</sup> December - Dominica		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor Cycling \$11*	Fitness Center
4:00pm	Posture and Balance (Demo)	Fitness Center
5:00pm	Abs Class	Fitness Center

Friday 19 <sup>th</sup> December – St. Maarten		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor Cycling \$11*	Fitness Center
4:00pm	Cardio Latino	Fitness Center
5:00pm	Total Tube	Fitness Center

Saturday 20 <sup>th</sup> December - Sea		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor Cycling \$11*	Fitness Center
9:00am	Yoga \$11*	Fitness Center
<b>11:00am</b>	<b>Seminar: Burn Fat Faster</b>	<b>See Daily</b>
1:00pm	Buff Booty	Fitness Center
<b>2:00pm</b>	<b>Seminar: Powerful Posture</b>	<b>See Daily</b>
4:00pm	Zumba \$11*	Fitness Center
5:00pm	Bootcamp \$11*	Fitness Center

Sunday 21 <sup>st</sup> December - Sea		
7:00am	Walk A Mile	Walking Track
7:30am	Stretch & Relax	Fitness Center
8:00am	Indoor Cycling \$11*	Fitness Center
9:00am	Pilates \$11*	Fitness Center
<b>11:00am</b>	<b>Seminar: Your Appointment With Foot Specialist</b>	<b>See Daily</b>
1:00pm	Get on the Ball	Fitness Center
<b>2:00pm</b>	<b>Seminar: Detox for Weight Loss</b>	<b>See Daily</b>
4:00pm	Zumba \$11*	Fitness Center
5:00pm	Boot camp \$11*	Fitness Center

**CANYON RANCH**  
*Spa Club*

- With the exception of Walk A Mile, the classes do require sign-up.
- Sign-up sheets are available at the Fitness Centre on Deck 12 – please respect our cancellation policy.
- Class marked with "\$" are \$11 and are 45mins, all other classes are complimentary and 25mins

# MENU OF SERVICES

## **Basic Fitness Assessment** 80 minutes

How fit are you? Let an exercise specialist provide a thorough assessment of your current fitness level, including body composition testing and cardiovascular and muscular fitness. Professionals will tailor a safe and effective exercise program that addresses your fitness and lifestyle goals.

## **SpaClub® Exercise Prescription** 50 minutes

Receive a customized exercise program from a Canyon Ranch exercise professional to help you achieve your fitness goals, no matter what your current level of physical activity.

## **Gait Analysis** 25 minutes

This service includes a video analysis of your gait using a computerized assessment of the biomechanics of your feet as you walk across an orthotics mat. Includes a review and recommendations for orthotics, if indicated. (Off-the-shelf, customized and custom orthotics are available and will fit most types of shoes)

*Note: This service is not appropriate for evaluating prescription orthotics you are already using.*

## **Body Composition Analysis** 25 minutes

Know your number! Using calipers to measure skin-fold thickness at four sites, we can determine your body's percentage of fat in relation to lean body mass. We'll then use the results to determine a realistic body-weight target range.

## **Personal Training Session** 25/50 minutes

A private session with a trainer. Develop or fine-tune a fitness program tailored to your specific needs, preferences and goals.

Popular areas of focus include: Blood Pressure, Exercise for Travel, Body Sculpting, Pregnancy, Bone Health, Strength, Cardiovascular Fitness.

## **Couples Personal Training Session** 50 minutes

A private session for two with a trainer. Focus on any of the topics above, or on another interest you share.

## **Fitness Classes**

From Yoga to Zumba, Pilates to Indoor Cycling, our schedule of daily classes offers nearly endless opportunities to learn, get fit and have fun. Consult Celebrity Today, your daily program for times, locations and descriptions.

*Please note that select classes require a registration fee.*

*Please wear appropriate clothing and footwear when using the Fitness Center. Sweat towels as well as wipes are available for your use. No children under the age of 16 will be allowed to use the Fitness Center.*

Let us help you reach your health and fitness goals.

To get started, please visit Canyon Ranch SpaClub.

*May your voyage be healthy, rejuvenating and unforgettable!*