



lotus spa

FITNESS SCHEDULE

GYM OPENING HOURS – 6:00am - 10:00pm

Tuesday, February 5th Ft. Lauderdale (4:00pm Sailaway)

1:00pm Meet and greet your personal trainers Adrian and Monika to discover the fitness program for the cruise.

Wednesday, February 6th Sea Day

7:00am Long and Lean Stretch
7:30am Abs Class
8:00am Balance (Pathway to Yoga)*
9:00am CORE (Pilates)*
10:00am BSBC-Body Sculpt Boot Camp **
11:00am **COMPLIMENTARY SEMINAR:
DETOX FOR HEALTH, ENERGY & WEIGHT LOSS**
2:00PM **COMPLIMENTARY SEMINAR:
RELIEVING BACK PAIN WITH GOOD FEET**
4:00pm Strength (In door Cycling)*
6:00pm Core Strength and Stretch

Thursday, February 7th Sea Day

7:00am Long and Lean Stretch
7:30am Abs Class
8:00am Balance (Pathway to Yoga)*
9:00am CORE (Pilates)*
10:00am BSBC- Body Sculpt Boot Camp**
11:00am **COMPLIMENTARY SEMINAR:
SECRETS TO A FLATTER STOMACH**
2:00pm **COMPLIMENTARY SEMINAR: BURN FAT FASTER**
4:00pm Strength (In door Cycling)*
6:00pm Core Strength and Stretch

Friday, February 8th Antigua (8:00am-5:00pm)

7:00am Long and Lean Stretch
7:30am Abs Class
4pm-6pm Complimentary Foot Print Analysis
6:00pm Core Strength and Stretch

Saturday, February 9th St. Lucia (8:00am-6:00pm)

7:00am Long and Lean Stretch
7:30am Abs Class
6:00pm Core Strength and Stretch

Sunday, February 10th Barbados (7:00am-4:00pm)

7:00am Long and Lean Stretch
7:30pm Abs Class
4:00pm **COMPLIMENTARY SEMINAR:
HOW TO INCREASE YOUR METABOLISM**
6:00pm Core Strength and Stretch

Monday, February 11th St. Kitts (10:00am-6:00pm)

7:00am Long and Lean Stretch
7:30am Abs Class
8:00am BSBC- Body Sculpt Boot Camp **
9am-10am Complimentary Foot Print Analysis
6:00pm Core Strength and Stretch

Tuesday, February 12th St. Thomas (7:00am-5:00pm)

7:00am Long and Lean Stretch
7:30am Abs Class
5:00pm **COMPLIMENTARY SEMINAR:
EAT MORE TO WEIGH LESS**
6:00pm Core Strength and Stretch

Wednesday, February 13th Sea Day

7:00am Long and Lean Stretch
7:30am Abs Class
8:00am Balance (Pathway to Yoga)*
9:00am CORE (Pilates)*
10:00am BSBC- Body Sculpt Boot Camp**
11:00am **COMPLIMENTARY SEMINAR:
DETOX FOR HEALTH AND WEIGHT LOSS**
2:00pm **COMPLIMENTARY SEMINAR:
WALKING IN COMFORT WITH GOOD FEET**
4:00pm Strength (In door Cycling)*
6:00pm Core Strength and Stretch

Thursday, February 14th Princess Cays (9:00am-4:00pm)

7:00am Long and Lean Stretch
7:30am Abs Class
3:00pm Free Foot Print Analysis
4:00pm Core Strength and Stretch

BODY COMPOSITION ANALYSIS (BCA)

Has Weight Loss become mission impossible?
Or are you losing inches, but from the wrong areas (Face & Chest?)
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 on Exercise, Nutrition and Detoxification
ONLY \$50 Couples / \$35 Single Test

SIGNATURE CLASS PACKAGE*

3x45 minutes of your chosen classes for \$30
or \$12 per single class
BODY SCULPT BOOT CAMP**
4 x 30 minute classes for \$120
(include a FREE metabolism and toxin Test)

PERSONAL TRAINING SESSIONS

• Lifestyle change 3x1 hour \$209
1 hour session- \$85

All Personal Training session include a FREE metabolism and Toxin Test

NOT TO BE MISSED! EXCLUSIVE FREE SEMINAR

DETOX FOR HEALTH, ENERGY & WEIGHT LOSS!
Learn how to speed up fat burning, Increase Energy, Lower Blood Pressure & Cholesterol & much more powerful Information!!!



Good Feet®

Paid Specialty Classes

*Core (Pilates), Balance (Yoga), Strength (Spin)
\$30 for 3 classes





fitness trainings services

HEALTH ASSESSMENT (BCA)

Using a 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 & Private Consultation is approximately 45 minutes.
ONLY \$50 Couples, \$35 single test

PERSONAL TRAINING

Make the most of your cruise vacation. Let your trainer take care of burning your calories away, increasing your strength and stamina, or setting up a new exercise routine. The physiology of the body is extremely complex and for this reason everyone needs to discover exercises that will enhance their personal inner health and physical strength. Personal Training is your personal prescription toward healthy and strong physique

\$85 for 60 Minutes

\$209 for 3 x 60 Minutes Sessions

**BODY SCULPT BOOT CAMP

Increase Muscle tone, improve muscular strength, enhance endurance and energy, 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

seminar on board

Complimentary Health Seminars this week

Focusing on your health and fitness questions..

Learn the following:

- How to internally detoxify and cleanse your body
- The secret to a flatter stomach
- Increase your health, energy and vitality
- How to reduce the appearance of cellulite
- Lower blood pressure and cholesterol
- How to increase your metabolism
- Reverse the effects of arthritis
- How to prevent lifestyle diseases & much more

Check your fitness schedule for seminar times. Sign up now

NUTRITION CONSULTATION:

Good nutrition and exercise are dynamic lifelong pursuits. A good starting point is eating right for your body. Consult with our Personal Trainers and receive a healthy Nutrition plan based on your individual goals. Private consultation and Nutrition Plan; 60 minutes, ONLY \$85

FREE FOOT PRINT ANALYSIS

Got back pain? Tired of having sore knees and hips? The solution to your problem could be your feet. Come along to the Fitness Center for your free Foot Print Analysis. Find the solution to your problem by looking at one simple foot print.

Book your appointment with our Personal Trainers.



Good Feet®