

CARNIVAL CONQUEST FITNESS SCHEDULE

SUNDAY

1:00pm-3:00pm

FT LAUDERDALE

Meet and greet your onboard
Personal Trainers Stefan & Taylor.

4:45pm

Spa Raffle

5:00pm

FREE SEMINAR- Walking in Comfort

Got Back Pain? The solution could be your feet. Join us today for our informative seminar, free foot prints for all that attend! Spa deck 11 fwd.

MONDAY

7:00am

KEY WEST 8:00AM-4:00PM

7:30am

Stretch

9:00am

Abs Attack

Body Sculpt Boot Camp 1 (fee)

4:30pm

FREE HEALTH SEMINAR

Relieving Back Pain

SPA DECK 11 FWD

7:00pm

FREE Footprint Analysis

TUESDAY

7:00am

FUN DAY @ SEA

7:30am

Stretch

8:00am

Abs Attack

9:00am

Yoga (\$12 fee)

10:00am

Indoor Cycling (\$12 fee)

Body Sculpt Boot Camp 2 (fee)

2:30pm

FREE HEALTH SEMINAR

Secrets to a Flatter Stomach

BLUES PIANO BAR DECK 5 AFT

4:00pm

FREE HEALTH SEMINAR

Relieving Back Pain

SPA DECK 11 FWD

WEDNESDAY

7:00am

GRAND CAYMAN 8AM-4PM

7:30am

Sunrise Stretch

5:00 pm

FREE HEALTH SEMINAR

Burn Fat Faster

PIANO BAR DECK 5 AFT

THURSDAY

7:00am

COZUMEL 10AM-6PM

7:30am

Sunrise Stretch

9:00am

Abs Class

Body Sculpt Boot Camp 3 (fee)

7:00pm

FREE Footprint Analysis

FRIDAY

7:00am

FUN DAY @ SEA

7:30am

Stretch

8:00am

Abs Attack

9:00am

Yoga (\$12 fee)

10:00am

Indoor Cycling (\$12 fee)

Body Sculpt Boot Camp 4 (fee)

11:30am

FREE HEALTH SEMINAR

Detox For Health & Weight Loss

BLUES PIANO BAR DECK 5 AFT

2:00pm

FREE HEALTH SEMINAR

Relieving Back Pain

SPA DECK 11 FWD

Number 1 Fitness Service METABOLISM ASSESSMENT

InBody570

SEE WHAT YOU ARE

MADE OF ?!

WHEN WAS THE LAST TIME YOU CHECKED
HOW BALANCED YOUR BODY IS?

- Basal Metabolic Rate
- Body Mass Index
- Visceral Fat Level (Heart)
- Body fat %
- Water Retention
- Toxicity Levels

Book your METABOLISM ASSESSMENT today with
your on board Personal Trainer

\$99 - single

\$149 - couple

BODY SCULPT BOOT CAMP

Join your personal trainer
for this great bodyweight circuit
combining strength, stamina and core
conditioning. Includes a program for
the whole week!

4x 30min sessions for only \$120

**Includes the InBody570 Metabolism
Assessment & Exercise Program for**

FREE!!!

(Worth \$99)