

VITALITY FITNESS SCHEDULE

OPEN HOURS 6:00 AM - 10:00 PM

FRIDAY

Noon

Baltimore, depart 4:00 pm

Meet and greet your Personal Trainer, Yolani. Learn about our Complimentary Seminars, specialty classes & Body Sculpt Boot Camp (\$). Sign up for a complimentary footprint analysis.

SATURDAY

7:00 am
7:30 am
8:00 am
9:00 am
10:00 am

At Sea

Vitality Stretch
Fab Abs
Pathway to Yoga (\$12 fee)
Body Sculpt Boot Camp (\$)
COMPLIMENTARY SEMINAR
Detox for Health and Weight Loss
Tour de Cycle (\$12 fee)
COMPLIMENTARY SEMINAR
Good Feet - Walking in Comfort
Core Conditioning Pilates (\$12 fee)
Stretch and Relax

11:00 am
2:00 pm

4:00 pm
5:00 pm

SUNDAY

7:00 am
7:30 am
8:00 am
9:00 am
10:00 am

Bermuda, arrive 3:00 pm

Vitality Stretch
Fab Abs
Pathway to Yoga (\$12 fee)
Body Sculpt Boot Camp (\$)
COMPLIMENTARY SEMINAR
Eat More to Weigh Less
Tour de Cycle (\$12 fee)

11:00 am

MONDAY

7:00 am
7:30 am
8:00 am

Bermuda

Vitality Stretch
Abs Bums and Thighs
Pathway to Yoga (\$12 fee)

TUESDAY

7:00 am
7:30 am
8:00 am

Bermuda, depart 6:00 pm

Vitality Stretch
Abs Bums and Thighs
Pathway to Yoga (\$12 fee)

WEDNESDAY

7:00 am
7:30 am
8:00 am
9:00 am
10:00 am

At Sea

Vitality Stretch
Fab Abs
Pathway to Yoga (\$12 fee)
Body Sculpt Boot Camp (\$)
COMPLIMENTARY SEMINAR
How to Increase Your Metabolism
Tour de Cycle (\$12 fee)
COMPLIMENTARY SEMINAR
Good Feet - Walking in Comfort
Core Conditioning Pilates (\$12 fee)
Stretch and Relax

11:00 am
2:00 pm

4:00 pm
5:00 pm

THURSDAY

7:00 am
7:30 am
8:00 am
9:00 am
10:00 am

At Sea

Vitality Stretch
Fab Abs
Pathway to Yoga (\$12 fee)
Body Sculpt Boot Camp (\$)
COMPLIMENTARY SEMINAR
Burn Fat Faster
Tour de Cycle (\$12 fee)
COMPLIMENTARY SEMINAR
Good Feet - Walking in Comfort
Core Conditioning Pilates (\$12 fee)
Stretch and Relax

11:00 am
2:00 pm

4:00 pm
5:00 pm

Metabolism Assessment (BCA)

Test & Private Consultation is approximately 45 minutes for ONLY \$35



Using state of the art impedance analysis you will be educated on the following:

Body's Toxic Status: Many scientists are in agreement that the major cause of degenerative disease and cancer 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

Please note 18% service charge is automatically added to all Spa and Fitness Services. Please allow 24 hours to cancel or reschedule your appointment to avoid a 50% cancellation fee.

Complimentary Footprint Analysis

Do you suffer with back pain? Do your sore knees or hip problems keep you from enjoying life? Come along to the Vitality Fitness Center for your **FREE FOOTPRINT ANALYSIS**. Bring closed shoes with you.



We may be able to give you the solution to your problem by seeing one simple footprint!

Book your appointment with your Personal Trainer.

BE FIT. BE HERE.
VISIT THE FITNESS CENTER FOR MORE INFORMATION