

FITNESS SCHEDULE

SUNDAY: Embarkation Day

12:00- 8:00pm Fitness Center Orientation

Meet your onboard **Personal Trainers Fran and Cora**

MONDAY: @ Sea

- 7:00 am Rockette's Style Stretch
- 7:30 am Fab Abs
- 8:00 am Yoga (\$12 fee)
- 9:00 am **Flywheel - Indoor Cycling (\$30 or \$150 for all 6)**
- 9:00 am TRX Suspension Training (\$20or 6 for \$90)
- 10:00am Body Sculpt Boot Camp 1 (\$180 for all 6)
- 11:00am **Seminar: Detox for Health & Weight Loss**

In 1940 we used over 5 thousand chemicals in food. Today we use over 500 billion. It's not science fiction, its science fact. Toxins plague our health, deplete our energy, and cause stubborn weight gain. Find out more by joining your onboard personal trainer.

- 1:00 pm **Seminar: Walking in Comfort & Improving Posture (with GoodFeet)**
- 2:00 pm **Seminar: Secrets to a Flatter Stomach**
- 4:00 pm Norwegian Fight Klub (\$25 or 5 for \$100)
- 5:00 pm Total Body Conditioning

TUESDAY: @ Sea

- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 8:00 am Pure Form Pilates (\$12 fee)
- 9:00 am TRX Suspension Training (\$20or 6 for \$90)
- 9:00 am **Flywheel - Indoor Cycling (\$30 or \$150 for all 6)**
- 10:00am **Body Sculpt Boot Camp 2 (\$180 for all 6)**
- 11:00am **Seminar: Burn Fat Faster**
- 1:00 pm **Seminar: Relieving Back Pain (with Good Feet)**
- 4:00 pm Norwegian Fight Klub (\$25 or 5 for \$100)
- 5:00 pm Total Body Conditioning

WEDNESDAY: @ San Juan (3pm to 10pm)

- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 8:00 am Yoga (\$12 fee)
- 9:00 am TRX Suspension Training (\$20or 6 for \$90)
- 9:00 am **Flywheel - Indoor Cycling (\$30 or \$150 for all 6)**
- 10:00am **Body Sculpt Boot Camp 3 (\$180 for all 6)**
- 11:00am **Seminar: How to Increase Your Metabolism**
- 1:00pm Complimentary Footprint and Posture Analysis
- 5:00 pm Total Body Conditioning

THURSDAY: @ St. Thomas (8am to 6pm)

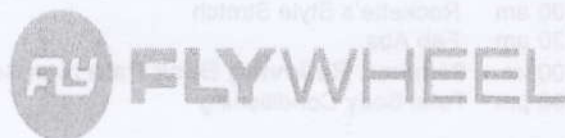
- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 5:00 pm Total Body Conditioning
- 6:00 pm Complimentary Footprint and Posture Analysis

FRIDAY: @ St. Maarten (8am to 6pm)

- 7:00 am Rockette's Style Stretch
- 7:30 am Fab Abs
- 5:00 pm Total Body Conditioning
- 6:00 pm Complimentary Footprint and Posture Analysis

SATURDAY: @ St.Lucia (9am to 7pm)

- 7:00 am Rockette's Style Stretch
- 7:30 am Fab Abs
- 8:00 am Pure Form Pilates (\$12 fee)
- 5:00 pm Total Body Conditioning
- 6:00 pm Complimentary Footprint and Posture Analysis



Home to New York City Flywheel is the newest form of Indoor Cycle. Track your scores using sophisticated technology, while competing for the podium finish. Our studio is under the cover of neon blue lighting making the setup for this workout spectacular. Your final scores may then be viewed online and ranked internationally around the world.

\$30 per Session

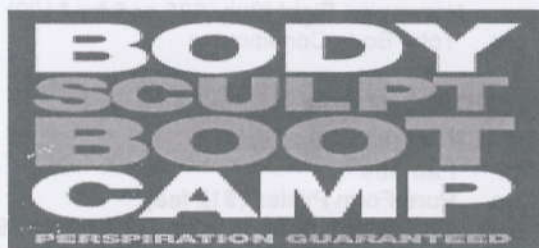
4 Sessions only \$100



Born in the U.S. Navy SEALS, TRX® Suspension Training® bodyweight exercise is a revolutionary method of functional training. TRX is cardiovascular, flexibility, core conditioning and strength training all in one

\$20 per Session

4 Sessions only \$65



30 minute BOOT CAMP SESSIONS
BURN UP TO 700 CALORIES PER SESSION,
COMPLIMENTARY BODY COMPOSITION ANALYSIS
AND
YOUR OWN TAKE HOME BOOT CAMP PROGRAM
All 4 Boot Camp Sessions only \$120

OPEN 6AM TO 11PM

SUNDAY: @ Bridgetown, Barbados (8am to 4pm)

- 7:00 am Rockette's Style Stretch
- 7:30 am Fab Abs
- 4:00pm **Seminar: Relieving Back Pain (with Good Feet)**
- 5:00 pm Total Body Conditioning

MONDAY: @ St. Kitts (9am to 6pm)

- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 8:00 am Yoga (\$12 fee)
- 5:00 pm Total Body Conditioning
- 6:00 pm Complimentary Footprint and Posture Analysis

TUESDAY: @ Sea

- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 8:00 am Pure Form Pilates (\$12 fee)
- 9:00 am TRX Suspension Training (\$20or 6 for \$90)
- 9:00 am **Flywheel - Indoor Cycling (\$30 or 150 for all 6)**
- 10:00am **Body Sculpt Boot Camp 4 (\$180 for all 6)**
- 11:00am **Seminar: Detox for Health and Weight Loss**
- 1:00 pm **Seminar: Relieving Back Pain (with Good Feet)**
- 2:00pm **Seminar: Burn Fat Faster**
- 4:00 pm Norwegian Fight Klub (\$25 or 5 for \$100)
- 5:00 pm Total Body Conditioning

WEDNESDAY: @ Sea

- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 8:00 am Yoga (\$12 fee)
- 9:00 am TRX Suspension Training (\$20or 6 for \$90)
- 9:00 am **Flywheel - Indoor Cycling (\$30 or 150 for all 6)**
- 10:00am **Body Sculpt Boot Camp 3 (\$180 for all 6)**
- 11:00am **Seminar: Eat More to Weigh Less**
- 1:00pm **Seminar: Relieving Back Pain (with Good Feet)**
- 4:00 pm Norwegian Fight Klub (\$25 or 5 for \$100)
- 5:00 pm Total Body Conditioning

THURSDAY: @ Sea

- 7:00 am Rockette's Style Stretch
- 7:30am Fab Abs
- 8:00 am Pure Form Pilates (\$12 fee)
- 9:00 am TRX Suspension Training (\$20or 6 for \$90)
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Good Feet[®]
AMERICA'S #1 ARCH SUPPORT[™]



OPEN 6AM TO 11PM