

Epic Fitness Schedule

Open 6:00 AM – 11:00 PM

Pulse Fitness Center

Deck 14, AFT

Saturday

Miami - Boarding Day

Meet and greet your Onboard Personal Trainers: Ruairi, Francisco and Jesse. Learn about the entire range of Specialty Classes, Complimentary Seminars & Free Foot Print Analysis.

Sunday

At Sea

7:00 am Stretch and Relax
 7:30 am Pathway to Yoga (\$12 fee)
 8:45 am TRX Suspension Training Group (\$20 fee)
 8:45 am Tour De Spin (\$20 fee)
 10:00 am Body Sculpt Boot Camp Session 1 (x4 classes + Program + BCA \$120 fee)
 11:00 am **Complimentary Seminar**
 Secrets to a Flatter Stomach
 2:00 pm **Complimentary Seminar**
 Improving Posture, Walking in Comfort
 3:00 pm **Complimentary Seminar**
 Detox for Health and Weight Loss
 4:00 pm Kettle Bell Master Class (\$20 fee)
 5:00 pm Fab Abs

Monday

At Sea

7:00 am Stretch and Relax
 7:30 am Pathway to Pilates (\$12 fee)
 8:45 am TRX Suspension Training Group (\$20 fee)
 8:45 am Tour De Spin (\$20 fee)
 10:00 am Body Sculpt Boot Camp Session 2 (x4 classes + Program + BCA \$120 fee)
 11:00 am **Complimentary Seminar**
 Burn Fat Faster
 2:00 pm **Complimentary Seminar**
 Relieving Back Pain, Improving Posture
 3:00 pm **Complimentary Seminar**
 How to Increase your Metabolism
 4:00 pm Kettle Bell Master Class (\$20 fee)
 5:00 pm Total Body Conditioning

Tuesday

St. Maarten (8:00 am – 6:00 pm)

7:00 am Stretch and Relax
 7:30 am Pathway to Yoga (\$12 fee)
 5:00 pm Fab Abs
 6:00 pm Foot Clinic Analysis

Wednesday

St. Thomas (8:00 am – 4:00 pm)

7:00 am Stretch and Relax
 7:30 am Pathway to Pilates (\$12 fee)
 5:00 pm Total Body Conditioning
 6:00 pm Foot Clinic Analysis
 9:00 pm Detox Q & A

Thursday

At Sea

7:00 am Stretch and Relax
 7:30 am Pathway to Yoga (\$12 fee)
 8:45 am TRX Suspension Training Group (\$20 fee)
 8:45 am Tour De Spin (\$20 fee)
 10:00am Body Sculpt Boot Camp Session 3 (x4 classes + Program + BCA \$120 fee)
 11:00am **Complimentary Seminar**
 Detox for Health and Weight Loss
 2:00 pm **Complimentary Seminar**
 Foot Conditions? Good Feet Solutions
 3:00 pm **Complimentary Seminar**
 Eat More to Weigh Less
 4:00 pm Kettle Bell Master class (\$20 fee)
 5:00 pm Fab Abs

Friday

Nassau (12:00 pm – 7:00 pm)

7:00 am Stretch and Relax
 7:30 am Pathway to Pilates (\$12 fee)
 8:45 am TRX Suspension Training Group (\$20 fee)
 8:45 am Tour De Spin (\$20 fee)
 10:00am Body Sculpt Boot Camp Session 4 (x4 classes + Program + BCA \$120 fee)
 5:00 pm Total Body Conditioning
 6:00 pm Good Feet Fitting & Pressure Test

BENEFITING

LIVESTRONG

LANCE ARMSTRONG FOUNDATION

Body Composition Analysis Health Assessment

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 and cellulite 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.
- **Hydration Level:** Overall performance of the human body will drop by an average of 33% if insufficiently hydrated.
- **Basal Metabolic Rate:** This is the number of calories your body burns at rest in 24 hours.

BIA310e™ Bio-Impedance Analyzer

Test & Private Consultation is approximately 45 minutes - \$35

Class Packages

- **Body Sculpt Boot Camp :**
\$120 for 4 sessions + BCA + Program
- **TRX Suspension Training**
\$60 for 4 sessions
- **Tour de Cycle**
\$60 for 4 classes
- **Kettle Bell**
\$45 for 3 classes
- **Pilates/Yoga**
\$30 for 3 classes
- **Epic Ultimate Challenge**
\$200 - Combine and attend any of the above classes of your choice.
- **Personal Training**
\$85 – 1HR / 1 Session
\$209 – 3 HR / 3 Sessions

* 18% Service charge applies on all fitness services

