

FITNESS SCHEDULE

OPEN DAILY FROM 6AM TO 11PM FOR AGES 16 AND ABOVE

Saturday : Embarkation Day

12pm-8pm – Fitness Orientation and Sign Up
Meet you're International Fitness Professionals Dalma Szabo;
Simone Van Wyk and learn about the entire range of Specialty Classes,
Complimentary Seminars and Boot Camp Classes.
7pm-9pm – Free Foot Print Analysis

Sunday: At Sea

7:30am Stretch and Relax
8:00am Pathway to Yoga*
9:00am Flywheel Indoor Cycling*
9:00am TRX Suspension Training*
10:00am Body Sculpt Boot Camp 1*
11:00am **COMPLIMENTARY SEMINAR:**
Detox for Health and Weight Loss– Sunset Bar
2:00pm **COMPLIMENTARY SEMINAR:**
Relieving Pain, Improving Posture – Sunset Bar
3:00pm **COMPLIMENTARY SEMINAR:**
Secrets to a Flatter Stomach – Sunset Bar
4:00pm Norwegian Fight Klub*
7:00pm Fab Abs

Monday: At Sea

7:30am Stretch and Relax
8:00am Pure Form Pilates*
9:00am Flywheel Indoor Cycling*
9:00am TRX Suspension Training*
10:00am Body Sculpt Boot Camp 2*
11:00am **COMPLIMENTARY SEMINAR:**
How to Increase Your Metabolism - Sunset Bar
2:00pm **COMPLIMENTARY SEMINAR:**
Relieving Foot; Back Pain with GoodFeet–Sunset Bar
4:00pm Norwegian Fight Klub*
7:00pm Fab Abs

Tuesday: St Maarten

7:30am Stretch and Relax
8:00am Flywheel Indoor Cycling*
5:00pm **Free Foot & Posture Analysis**
6:00pm Sunset Yoga* (open deck) Meeting point Pulse Fitness
7:00pm Fab Abs

Wednesday: St Thomas

7:30am Stretch and Relax
8:00am Flywheel Indoor Cycling*
4:30pm **COMPLIMENTARY SEMINAR:**
Burn Fat Faster– Sunset Bar
5–7:00pm **Free Foot & Posture Analysis**
7:00pm Fab Abs

Complimentary Footprint Analysis



Got Back Pain? Sick of having sore knee, back, feet or hip problem? The solution to your problem could be your feet. **Come along to the Pulse Fitness for your FREE FOOTPRINT ANALYSIS.** Bring closed shoes with you. We will be able to give you a solution to your problem by seeing one simple footprint! Book Your Appointment with your Personal Trainers.

Thursday: At Sea

7:30am Stretch and Relax
8:00am Pathway to Yoga*
9:00am TRX Suspension Training*
9:00am Flywheel Indoor Cycling*
10:00am Body Sculpt Boot Camp 3*
11:00am **COMPLIMENTARY SEMINAR:**
Detox for Health and Weight Loss – Sunset Bar
2:00pm **COMPLIMENTARY SEMINAR:**
Walking in Comfort with GoodFeet – Sunset Bar
4:00pm Norwegian Fight Klub*
7:00pm Fab Abs

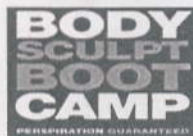
Friday: Nassau

7:30am Stretch and Relax
8:00am Pure Form Pilates*
9:00am Body Sculpt Boot Camp 4*
9:00am Flywheel Indoor Cycling*
10:30am **COMPLIMENTARY SEMINAR:**
Eat more to Weigh Less – Sunset Bar
5:00pm Fab Abs
5:30pm **Free Foot & Posture Analysis – Sunset Bar**

Metabolism Assessment

Test and Private Consultation is approximately 45 minutes \$35
Using state of the art impedance analysis you will be educated on the following:
Lean Body Mass: Lean body mass (Muscles, Tendons, ligaments and Bones), dictates you basal nutrition needs and metabolic rate.
Metabolic Rate: The number of calories your body burns at rest in 24 hours.
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.

Specialized Classes



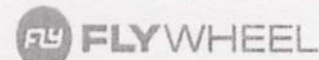
Body Sculpt Boot Camp

30 minute Boot Camp Sessions. Burn Up To 700 Calories Per Session, Complimentary Body Composition Analysis And Your Own Take Home Boot Camp Exercise Program
4 sessions for \$120



TRX Suspension Training

Born in the U.S. Navy SEALs, bodyweight exercise is a revolutionary method of functional training. TRX is cardiovascular, flexibility, core conditioning and strength training all in one.
1 Class \$20 or 3 Classes \$45



Flywheel Indoor Cycling

Straight from the United States flywheel indoor cycling provides us with a new style of cycling combined with technology. Now being able to compete against each other and measuring your performance for future improvement. This mind-blowing fitness class guarantees an excellent workout guided by your personal trainers.
1 Class \$25 or 4 Classes for \$75

Pathway to Yoga 1 Class \$12 or 3 Classes \$30
Pure Form Pilates 1 Class \$12 or 3 Classes \$30
Norwegian Fight Club 1 Class \$25 or 3 Classes \$60

Visit The Fitness Center For More Information.