

NCL'S  
**Sports**  
AFLOAT



# Sports Afloat®

Come break a sweat and have some fun with NCL's Sports Afloat - one of the most comprehensive sports programs offered by any cruise line. No matter what shape you're in, you're sure to find activities to make everybody and every body happy.

## THE CENTER OF IT ALL

Step into our state-of-the-art fitness center and work out with the weight-training equipment, cycles, treadmills, elliptical machines\* and free weights. The center is open around the clock, 24 hours a day. So unfortunately there's no excuse not to hit the gym. But please remember to wear appropriate work-out wear including fitness shoes.

## CLASS IS IN SESSION

From simple stretching to advanced strengthening, we offer lots of different levels of aerobics classes throughout the day. And all our instructors hold recognized fitness instructor qualifications.

## SPECIALIST HEALTH & FITNESS SEMINARS

Our unique COMPLIMENTARY educational seminars will focus on your health and fitness questions, including how to lose weight from fat and not the essential muscle and what are correct eating habits for me?

Learn from our international experts how to achieve a better quality of life without canceling out all them "good things"!

Ever wondered why people get older with age and not stronger over time? Attend our FREE informative and educational seminars and find out the answers!

Key seminars to watch out for...

### BURN FAT FAST

Did you know the average person holds onto 70,000 cal of excess fat?  
Join us and find out how to remove all your unwanted fat faster than ever before

### DETOX FOR HEALTH & WEIGHT LOSS

A seminar devoted on detoxification? Find out how you can change your life and life style by cleansing, repairing and healing you body. Come and find out for yourself!

### EAT MORE TO WEIGH LESS

Eating more often has been scientifically proven to aid in weight loss.  
Join us and discover how to follow this simply method correctly.

### SECRETS TO A FLATTER STOMACH

Are you one of the millions of people worldwide that spends countless hours and painful months putting your bodies through the latest fitness program or Hollywood Diet in an attempt to achieve the flat stomach you desire? DID IT WORK? We explain why!

### HOW TO INCREASE YOUR METABOLISM

The amount of calories your body burns every day will greatly affect your size and weight.  
Join us and discover how to speed up your metabolism and get the body you've always wanted.

# Itinerary

## New York (12:00pm – 10:00pm)

12:00pm Gym tours, class sign-up and Inductions

## Boston (12:30pm – 08:00pm)

08:00am Complimentary Stretch & Relaxation Class  
10:00am Complimentary Legs, Bums & Tums Class

## At Sea # 1

08:00am Complimentary Aerobics Class  
08:30am Body Waves Yoga Course (Fee)  
09:30am Body Waves Pilates (Fee)  
11:00am **Complimentary Health Clinic: Secrets to a Flatter Stomach**  
02:00pm **Complimentary Health Clinic: Detox for Health and Weight Loss**  
04:00pm Indoor Cycling (Fee)  
06:00pm Stretch & Relaxation Class

## Halifax (08:00am – 06:00pm)

08:00am Complimentary Stretch & Relaxation Class  
06:00pm Complimentary Legs, Bums and Tums Class

## At Sea # 2

08:00am Complimentary Body Conditioning Class  
08:30am Body Waves Yoga Course (Fee)  
09:30am Body Waves Pilates (Fee)  
11:00am **Complimentary Health Clinic: Eat More to Weigh Less**  
12:00pm **Complimentary Body Clinic: Cellulite Solutions**  
04:00pm Indoor Cycling (Fee)  
06:00pm Complimentary Stretch & Relaxation Class

## Quebec City (09:00am – 09:00pm)

08:00am Complimentary Stretch & Relaxation Class  
10:00pm Complimentary Legs, Bums and Tums Class

## At Sea # 3

08:00am Complimentary Aerobics Class  
08:30am Body Waves Yoga Course (Fee)  
09:30am Body Waves Pilates (Fee)  
11:00am **Complimentary Health Clinic: How to Increase your Metabolism**  
12:00pm **Complimentary Body Clinic: The Secret to Losing Cellulite**  
02:00pm **Complimentary Health Clinic: Burn Fat Fast**  
04:00pm Indoor Cycling (Fee)  
06:00pm Complimentary Body Conditioning Class

## Charlottetown (07:00am – 06:00pm)

07:30am Complimentary Stretch & Relaxation Class  
08:00am Complimentary Fab Abs

## Sydney (08:00am – 06:00pm)

07:30am Complimentary Stretch & Relaxation Class  
06:00pm Complimentary Fab Abs

## At Sea # 4

08:00am Complimentary Body Conditioning Class  
08:30am Body Waves Yoga Course (Fee)  
09:30am Body Waves Pilates (Fee)  
11:00am **Complimentary Health Clinic: Detox for life**  
12:00pm **Complimentary Body Clinic: Lose 1-8 inches in one hour**  
04:00pm Indoor Cycling (Fee)  
06:00pm Complimentary Stretch & Relaxation Class

*\$30 for 4 classes*

\* Denotes Paid Classes. All other classes are complimentary.  
Pathway to Yoga - \$50 for all 6 Yoga Classes  
Body Waves Pilates - \$50 for all 6 Pilates Classes  
Indoor Cycling - \$50 for all 6 Cycling Classes

All fitness levels are most welcome and accommodated for.

You need to be 16 years and over to participate in the fitness classes and to use the fitness facilities. Proper athletic footwear and clothing are required for all fitness classes and for the usage of the Body Wave Fitness Centre at all times. Sanitation of equipment after use is kindly requested.



# Fitness Training Services

## Body Composition Analysis



Using state of the art impedance analysis, our trainers will break your body down into vital components in order to optimize its overall function with the prescription of an individualized program. You will be educated on

- **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.
- **HYDRATION LEVELS:** Overall performance of the human body will drop by an average of 33% if insufficiently hydrated.
- **METABOLIC RATE:** This is the number of calories your body burns at rest in 24 hours.

*45 minute Private Consultation  
Only \$35*

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## Personal Training

Find out how a personal trainer can help you with all aspects of your training routine. Let us set up a program that you can take home with you. Health is a key part of your life so get the professionals to help you take the right steps in obtaining your personal goals.

### Includes

### Body Composition Analysis

Measures metabolic rate, Toxin and Fluid retention levels, Muscle mass, Body fat %.

<i>One hour Personal training-</i>	<b>\$85</b>
<i>Course of three-</i>	<b>\$209</b>

Book your Fitness services today with our International Fitness Instructors.



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