



# LOTUS GYM Health & Fitness Services



How toxic is your body? Why can't you shed those last few pounds? Join me as I reveal the secrets to detoxification or join me to learn how posture and body alignment can affect your back and knees.

I'll share some simple techniques to help improve your posture, protect your back and relieve back pain as you walk in comfort.

## Thursday 22<sup>nd</sup> August @ Dover 1pm – 8pm GYM OPEN FOR VIEWING

Meet your onboard International Personal Trainer Sarah Comb to find out what you can do this cruise to stay in shape and get continued results at home

## Friday 23<sup>rd</sup> August @ Sea

- 7:00am Wake and Stretch
- 7:30am Abs workshop
- 9:00am **Balance** \* Pathway to Yoga
- 10:00am **Strength #1** Body Sculpt Boot Camp
- 11:00am **COMPLIMENTARY HEALTH SEMINAR** Detox for Health & Weight Loss
- 2:00pm **COMPLIMENTARY SEMINAR** Walking in Comfort & Relieving Back Pain
- 3:00pm \*TRX Suspension Training
- 4:00pm **Strength** \* Indoor Cycling

## Saturday 24<sup>th</sup> August @ Rosyth

- 7:00am Wake and Stretch
- 7:30am Abs workshop
- 8:00am **Balance** \* Pathway to Yoga
- 9:00am **Core** \* Pilates

## Sunday 25<sup>th</sup> August @ Rosyth

- 5:00pm \*TRX Suspension Training

## Monday 26<sup>th</sup> August @ Sea

- 7:00am Wake and Stretch
- 7:30am Abs workshop
- 9:00am **Balance** \* Pathway to Yoga
- 10:00am **Strength #2** Body Sculpt Boot Camp
- 11:00am **COMPLIMENTARY HEALTH SEMINAR** Eat More to Weigh Less
- 2:00pm **COMPLIMENTARY HEALTH SEMINAR** How to Increase your Metabolism
- 3:00pm \*TRX Suspension Training
- 4:00pm **Strength** \* Indoor Cycling

## Tuesday 27<sup>th</sup> August @ Dublin

- 7:00am Wake and Stretch
- 7:30am Abs workshop
- 8:00am **Core** \* Pilates
- 5:00pm **Strength** \* Indoor Cycling

## Wednesday 28<sup>th</sup> August @ Milford Haven

- 7:00am Wake and Stretch
- 7:30am Abs workshop
- 4:00pm **Strength** \* Indoor Cycling
- 5:00pm **Balance** \* Pathway to Yoga

## Thursday 29<sup>th</sup> August @ Guernsey

- All Aboard 3:00pm**
- 7:00am Wake and Stretch
- 7:30am Abs workshop
- 3:30pm **Strength #3** Body Sculpt Boot Camp
- 4:00pm **COMPLIMENTARY SEMINAR** Walking in Comfort Relieving Back Pain
- 5:00pm \*TRX Suspension Training



## Paid Specialty Classes

**\*Balance – Pathway to Yoga** moves to tone, strengthen and lengthen the limbs and empower your mind.  
Strong in body, strong in mind.

**\*Strength – Tour de Cycle.** A high energy mixture of both strength and cardio on a spin bike. Based around the Tour de France.

**\*Core – Pathway to Pilates** moves to strengthen the core and tone the stomach.

**\*\$12 per person per class or \$10 per person per class if 3 or more classes are purchased at one time**

### Body Sculpt Boot Camp

Specialized body shaping and toning classes.  
Burn up to 700 calories in just 30 minutes.  
Receive a Body Composition Analysis & a take-home exercise sheet to continue your exercises at home.

**Price for 2 classes - \$69**  
**Price for 3 classes - \$100**

### TRX Suspension Training

A 45 minute class to work all your major muscles; paying particular attention to your core muscles.  
Build strength, improve posture and have fun!

**\$20 per class or \$45 for 3**

## Fitness Services

### Personal Training

**One Session - \$85 /Three Sessions - \$209**

Personal Training with your onboard international fitness instructor is tailored specifically to your needs and goals. Whether your goal is to lose weight, tone up, bulk up, train for a sport or to recover from an injury, there is a plan that can be specifically tailored to meet your needs and desires.

### Nutritional consultations

**60 minutes - \$85**

Do you feel bloated after a meal? Feel lethargic rather than energetic? Struggling to lose weight? It might not be the food you eat, but what foods you eat together and when you eat it.

Included in the package is a body composition analysis test.

### Body composition analysis

**Single \$35 / Couples \$50**

An easy, yet in depth test which will determine your hydration levels, metabolism, water retention, toxicity levels and body fat percentage. Find out why losing weight gets harder as you get older.

**Call 2800 or Visit the Lotus Fitness center on Deck 9 forward**

**\*Fitness center hours 7am-9pm\***