

Vitality Fitness Schedule

Opening hours: 6:00 am – 1:00 am

Day 1	Cape Liberty	Day 7	Fort de France, Martinique
Noon	Meet and greet your Personal Trainers, Sam and Calixta. Learn about our Specialty Classes, Complimentary Seminars & BODY SCULPT BOOT CAMP (\$).	7:00 am	Vitality Stretch
		7:30 am	Total Body Conditioning
		5:00 pm	Evening Stretch
4:30 pm	Raffle Drawing	Day 8	Bridgetown, Barbados
AFTER RAFFLE:	2 for 1 InBody Analysis Special	7:00 am	Vitality Stretch
		7:30 am	Fab Abs
		5:00 pm	Evening Stretch
Day 2	At Sea	Day 9	Basseterre, St Kitts
7:00 am	Vitality Stretch	7:00 am	Vitality Stretch
7:30 am	Fab Abs	7:30 am	Total Body Conditioning
8:00 am	TRX Suspension Training (\$20)	8:00 am	TRX Suspension Training (\$20)
9:00 am	Flywheel Indoor Cycling (\$25)	9:00 am	Flywheel Indoor Cycling (\$25)
10:00 am	Body Sculpt Boot Camp Session 1 of 4 (\$)	5:00 pm	Evening Stretch
11:00 am	Complimentary Wellness Presentation SECRETS TO A FLATTER STOMACH		
	Complimentary Wellness Presentation WALKING IN COMFORT with GOOD FEET	Day 10	At Sea
1:00 pm	Complimentary Wellness Presentation WALKING IN COMFORT with GOOD FEET	7:00 am	Vitality Stretch
2:00 pm	Complimentary Wellness Presentation DETOX FOR HEALTH & WEIGHT LOSS	7:30 am	Fab Abs
	Pure Form Pilates (\$15)	8:00 am	TRX Suspension Training (\$20)
4:00 pm	Evening Stretch	9:00 am	Flywheel Indoor Cycling (\$25)
5:00 pm		10:00 am	Body Sculpt Boot Camp Session 3 of 4 (\$)
		11:00 am	Complimentary Wellness Presentation SECRETS TO A FLATTER STOMACH
Day 3	At Sea		Complimentary Wellness Presentation WALKING IN COMFORT with GOOD FEET
7:00 am	Vitality Stretch	1:00 pm	Complimentary Wellness Presentation WALKING IN COMFORT with GOOD FEET
7:30 am	Total Body Conditioning	2:00 pm	Complimentary Wellness Presentation DETOX FOR HEALTH & WEIGHT LOSS
8:00 am	TRX Suspension Training (\$20)		Pure Form Pilates (\$15)
9:00 am	Flywheel Indoor Cycling (\$25)	4:00 pm	Evening Stretch
10:00 am	Body Sculpt Boot Camp Session 2 of 4 (\$)	5:00 pm	
11:00 am	Complimentary Wellness Presentation HOW TO INCREASE YOUR METABOLISM		
	Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET	Day 11	At Sea
1:00 pm	Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET	7:00 am	Vitality Stretch
2:00 pm	Complimentary Wellness Presentation BURN FAT FAST	7:30 am	Total Body Conditioning
	Pathway to Yoga (\$12)	8:00 am	TRX Suspension Training (\$20)
4:00 pm	Evening Stretch	9:00 am	Flywheel Indoor Cycling (\$25)
5:00 pm		10:00 am	Body Sculpt Boot Camp Session 4 of 4 (\$)
		11:00 am	Complimentary Wellness Presentation HOW TO INCREASE YOUR METABOLISM
Day 4	Labadee, Haiti		Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET
7:00 am	Vitality Stretch	1:00 pm	Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET
7:30 am	Fab Abs	2:00 pm	Complimentary Wellness Presentation BURN FAT FAST
9:00 am	Beach Boot Camp (\$)		Pathway to Yoga (\$12)
	(Meet in the Fitness Center at 8:30 am)	4:00 pm	Evening Stretch
10:00 am	Yoga on the Beach (\$15)	5:00 pm	
	(Meet in the Fitness Center at 9:30 am)		
5:00 pm	Evening Stretch		
		Day 12	At Sea
Day 5	San Juan, Puerto Rico	7:00 am	Vitality Stretch
7:00 am	Vitality Stretch	7:30 am	Fab Abs
7:30 am	Total Body Conditioning	8:00 am	TRX Suspension Training (\$20)
8:00 am	TRX Suspension Training (\$20)	9:00 am	Flywheel Indoor Cycling (\$25)
9:00 am	Flywheel Indoor Cycling (\$25)	11:00 am	Complimentary Wellness Presentation SECRETS TO A FLATTER STOMACH
11:00 am	Complimentary Wellness Presentation EAT MORE TO WEIGH LESS		Complimentary Wellness Presentation WALKING IN COMFORT with GOOD FEET
	Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET	1:00 pm	Complimentary Wellness Presentation WALKING IN COMFORT with GOOD FEET
1:00 pm	Complimentary Wellness Presentation RELIEVING BACK PAIN with GOOD FEET	2:00 pm	Complimentary Wellness Presentation DETOX FOR HEALTH & WEIGHT LOSS
	Evening Stretch		Pure Form Pilates (\$15)
5:00 pm		4:00 pm	Evening Stretch
		5:00 pm	
Day 6	Phillipsburg, St Maarten		
7:00 am	Vitality Stretch		
7:30 am	Fab Abs		
5:00 pm	Evening Stretch		

**Please note an additional 18% Auto Gratuity will be added to each service for your convenience. Cancellations must be made at least 30 minutes prior to class start time by dialing 4600 or in person to avoid the class charge fee.*

VISIT THE FITNESS CENTER FOR MORE INFORMATION

