

# lotus fitness classes

## FITNESS SCHEDULE



lotus spa®

### Sunday Fort Lauderdale

Meet your onboard International Personal Trainers Ayden Westergaard, Nilo Lima and Elisa Miller to find out what you can do this cruise holiday to stay in shape and get continued results at home.

5:00pm Spa Raffle  
5:30pm **Complimentary Foot Print Analysis with GoodFeet**

### Monday Princess Cays (9:00am – 4:30pm)

7:00am Long and Lean Stretch  
7:30am Abs Workshop  
8:00am Pure Form Pilates\*  
4:00pm **Complimentary Foot Print Analysis with GoodFeet**  
4:30pm Body Sculpting Boot Camp 1/4\*\*  
5:00pm Sunset Stretch

### Tuesday AT SEA

7:00am Long and Lean Stretch  
7:30am Abs Workshop  
8:00am ChiBall Fire Yoga\*  
9:00am TRX – Suspension Training\*\*\*  
10:00am Body Sculpting Boot Camp 2/4\*\*  
11:00am **COMPLIMENTARY SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS**  
2:00pm **COMPLIMENTARY SEMINAR: RELIEVING BACK PAIN and Improving Posture with GOODFEET**  
4:00pm Tour De Cycle\*  
5:00pm Sunset Stretch

### Wednesday St Thomas (8:00am – 5:30pm)

7:00am Long and Lean Stretch  
7:30am Abs Workshop  
8:00am Pure Form Pilates\*  
5:00pm Sunset Stretch

### Thursday St Maarten (7:00am - 5:30pm)

7:00am Long and Lean Stretch  
7:30am Abs Workshop  
8:00am ChiBall Fire Yoga\*  
5:00pm Sunset Stretch

### Friday AT SEA

7:00am Long and Lean Stretch  
7:30am Abs Workshop  
8:00am Pure Form Pilates\*  
9:00am TRX – Suspension Training\*\*\*  
10:00am Body Sculpt Boot Camp 3/4\*\*  
11:00am **COMPLIMENTARY SEMINAR- SECRETS TO A FLATTER STOMACH**  
2:00pm **COMPLIMENTARY SEMINAR: RELIEVING BACK PAIN AND WALKING IN COMFORT with GOODFEET**  
4:00pm Tour De Cycle\*  
5:00pm Sunset Stretch

### Saturday AT SEA

7:00am Long and Lean Stretch  
7:30am Abs Workshop  
8:00am ChiBall Fire Yoga\*  
9:00am TRX – Suspension Training\*\*\*  
10:00am Body Sculpt Boot Camp 4/4\*\*  
11:00am **COMPLIMENTARY SEMINAR- HOW TO INCREASE YOUR METABOLISM**  
2:00pm **COMPLIMENTARY SEMINAR: IMPROVING POSTURE And RELIEVING BACK PAIN with GOODFEET**  
4:00pm Tour De Cycle\*  
5:00pm Sunset Stretch

\* ChiBall Fire Yoga - 3 Class Pass \$30

\* Tour De Cycle - 3 Class Pass \$30

\* Pure Form Pilates - 3 Class Pass \$30

\*\* Body Sculpt Boot Camp (BSBC) - \$120.

Boot camp is a course of four classes, and you also receive:

- A Free Body Composition Analysis (worth \$35)
- The BSBC program to take home with you.

\*\*\*TRX - 3 Class Pass \$60

### INTRODUCING - GOOD FEET

Got Back Pain? Sick of having sore knees or hip problems? The solution to your problem could be your feet. Come along to the fitness center Deck 17 aft for your FREE foot print analysis. We may be able to give you the solution to your problem by seeing one simple foot print.