

lotus fitness classes



OPENING HOURS:
7:00am - 10:00pm

SATURDAY 25TH -
EMBARKATION DAY
1pm - 10pm MEET YOUR
ONBOARD INTERNATIONAL
PERSONAL TRAINERS GAVIN
AND HENNIE TO FIND OUT
WHAT YOU CAN DO TO STAY IN
GOOD HEALTH THIS CRUISE

5:30pm FREE SEMINAR -
RELIEVING
BACK PAIN WITH
GOOD FEET

SUNDAY 26TH - NEW YORK
7:00am LONG AND LEAN
STRETCH
7:30am AB WORKSHOP
4:00pm- FREE FOOT PRINT AND
6:00pm POSTURE ANALYSIS
5:00pm BODY CONDITIONING

MONDAY 27th - AT SEA
7:00am LONG AND LEAN
STRETCH
7:30am AB WORKSHOP
8:00am BALANCE - YOGA*
9:00am STRENGTH - TOUR DE
CYCLE*
10:00am FREE BODY SCULPT
BOOT CAMP**

11:00am FREE SEMINAR -
SECRETS TO A FLATTER
STOMACH

2:00pm FREE SEMINAR -
WALKING IN COMFORT
WITH GOOD FEET

4:00pm TRX- SUSPENSION
TRAINING***
5:00pm BODY CONDITIONING

TUESDAY 28th - CHARLESTON
(7:00-17:00)
7:00am LONG AND LEAN
STRETCH
7:30am AB WORKSHOP
4:00pm- FREE FOOT PRINT AND
6:00pm POSTURE ANALYSIS
5:00pm BODY CONDITIONING

WEDNESDAY 29TH - AT SEA
7:00am LONG AND LEAN
STRETCH
7:30am AB WORKSHOP
8:00am CORE - PILATES*
9:00am STRENGTH - TOUR DE
CYCLE*

11:00am FREE SEMINAR -
DETOX FOR HEALTH
AND WEIGHT LOSS

2:00pm FREE SEMINAR -
IMPROVE YOUR
POSTURE WITH
GOOD FEET

5:00pm BODY CONDITIONING

THURSDAY 30TH - AT SEA
7:00am LONG AND LEAN
STRETCH
7:30am AB WORKSHOP
8:00am BALANCE - YOGA*
9:00am STRENGTH - TOUR DE
CYCLE*

11:00am FREE SEMINAR - EAT
MORE TO WEIGH LESS

2:00pm FREE SEMINAR -
RELIEVING BACK PAIN
WITH GOOD FEET

4:00pm TRX- SUSPENSION
TRAINING***
5:00pm BODY CONDITIONING

**METABOLIC
CONSULTATION TEST**
Discover the blue print of
your body. Find out your
metabolic rate, body fat
percentage and much
more.

Per person \$39 or a
Couple's consultation \$60

CLASS PRICING

*YOGA

All the Classes for \$130
5 classes for \$60
\$13 Single Class

*PILATES

All the Classes for \$120
5 classes for \$60
\$13 Single Class

*TOUR DE CYCLE

All the Classes for \$250
10 classes for \$120
\$13 Single Class

**BODY SCULPT BOOT CAMP

\$132 for all 4 sessions
(Includes Free Body
Composition
Analysis Test)

*** TRX Suspension Training

All the Classes for \$250
7 classes for \$140
\$22 single class

Personal Training
Weight loss, toning,
rehabilitation, strength
1 session - \$94
3 sessions - \$230

*A 5% AUTO GRATUITY WILL BE
ADDED TO ALL SPA SERVICES,
INCLUDING FITNESS, MASSAGE,
ACUPUNTURE AND FACIAL.

lotus fitness classes

OPENING HOURS:

7:00am - 10:00pm



FRIDAY 31st - AT SEA

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 8:00am CORE - PILATES*
- 9:00am STRENGTH - TOUR DE CYCLE*

11:00am FREE SEMINAR - HOW TO INCREASE YOUR METABOLISM

2:00pm FREE SEMINAR - WALKING IN COMFORT WITH GOOD FEET

5:00pm BODY CONDITIONING

SATURDAY 1st - CURACAO

(8:00-22:00)

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 4:00pm- FREE FOOT PRINT AND
- 6:00pm POSTURE ANALYSIS
- 5:00pm BODY CONDITIONING

SUNDAY 2nd - AT SEA

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 8:00am BALANCE - YOGA*
- 9:00am STRENGTH - TOUR DE CYCLE*

11:00am FREE SEMINAR - BURN FAT FASTER

2:00pm FREE SEMINAR - IMPROVE YOUR POSTURE WITH GOOD FEET

4:00pm TRX- SUSPENSION TRAINING***

5:00pm BODY CONDITIONING

MONDAY 3rd - CARTAGENA

(7:00-14:00)

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 4:00pm- FREE FOOT PRINT AND
- 6:00pm POSTURE ANALYSIS
- 5:00pm BODY CONDITIONING

TUESDAY 4th - PANAMA CANAL

(5:00-16:30)

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 8:00am CORE - PILATES*
- 9:00am STRENGTH - TOUR DE CYCLE*

11:00am FREE SEMINAR - SECRETS TO AFLATTER STOMACH

2:00pm FREE SEMINAR - RELIEVING BACK PAIN WITH GOOD FEET

5:00pm BODY CONDITIONING

WEDNESDAY 5th - AT SEA

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 8:00am BALANCE - YOGA*
- 9:00am STRENGTH - TOUR DE CYCLE*

10:00am BODY SCULPT BOOT CAMP (1)**

11:00am FREE SEMINAR - DETOX FOR HEALTH AND WEIGHT LOSS

2:00pm FREE SEMINAR - WALKING IN COMFORT WITH GOOD FEET

4:00pm TRX- SUSPENSION TRAINING***

5:00pm BODY CONDITIONING

THURSDAY 6th - MANTA

(6:00-19:00)

- 7:00am LONG AND LEAN STRETCH
- 7:30am AB WORKSHOP
- 4:00pm- FREE FOOT PRINT AND
- 6:00pm POSTURE ANALYSIS
- 5:00pm BODY CONDITIONING

METABOLIC CONSULTATION TEST
Discover the blue print of your body. Find out your metabolic rate, body fat percentage and much more.
Per person \$39 or a Couple's consultation \$60

CLASS PRICING

*YOGA

All the Classes for \$130
5 classes for \$60
\$13 Single Class

*PILATES

All the Classes for \$120
5 classes for \$60
\$13 Single Class

*TOUR DE CYCLE

All the Classes for \$250
10 classes for \$120
\$13 Single Class

**BODY SCULPT BOOT CAMP

\$132 for all 4 sessions
(Includes Free Body Composition Analysis Test)

*** TRX Suspension Training

All the Classes for \$250
7 classes for \$140
\$22 single class

Personal Training
Weight loss, toning, rehabilitation, strength
1 session - \$94
3 sessions - \$230

*A 5% AUTO GRATUITY WILL BE ADDED TO ALL SPA SERVICES, INCLUDING FITNESS, MASSAGE, ACUPUNTURE AND FACIAL.