

FITNESS CENTER SCHEDULE

OPEN HOURS: 6:00AM - 9:00PM

Day 1 - Wednesday, 3 Jan. - Fort Lauderdale: 07:00AM-3:00PM		Day 7 - Tuesday, 9 Jan. - Belize City: 08:00AM-5:00PM	
Meet your onboard Personal Trainers, Nutrition & Detoxification specialist - Leon & Stefan		7:00 AM	Total Body Conditioning
4:30PM	The Greenhouse® Spa & Salon Raffle Drawing	8:00AM	Pure-Form Yoga \$20
5:00 PM	Health Seminar: Walking in Comfort	11:00 AM	Health Seminar: Eat More to Weigh Less
FULL CRUISE CLASS PASS - \$99		4:00 PM	Health Seminar: Walking in Comfort
Day 2 - Thursday, 4 Jan. - Half Moon Cay: 10:00AM-5:00pm		5:00PM	Tour de Cycle \$20
7:00 AM	Sunrise Stretch	6:00PM	Evening Stretch
7:30 AM	Abs Class	6:30PM	Complimentary Footprint Analysis
11:00 AM	Yoga on the Beach \$20	Day 8 - Wednesday, 10 Jan. - Cozumel: 09:00AM-6:00pm	
11:00 AM	Health Seminar: Relieving Back Pain	7:00 AM	Total Body Conditioning
3:00 PM	Health Seminar: Secrets to a Flatter Stomach	8:00 AM	Pure-Form Yoga \$20
5:00 PM	Pure-Form Pilates \$20	10:00AM	Health Seminar: Secrets to a Flatter Stomach
6:00 PM	Complimentary Footprint Analysis	11:00 AM	Health Seminar: Relieving Back Pain
Day 3 - Friday, 5 Jan. - At Sea		5:00 PM	Body Scupt Bootcamp \$20
7:00 AM	Total Body Conditioning	6:00 PM	Evening Stretch
7:30 AM	Abs Class	6:30 PM	Complimentary Footprint Analysis
8:00 AM	Pure-Form Yoga \$20	Day 9 - Thursday, 11 Jan. - At Sea	
9:00 AM	Stretch & Release	7:00 AM	Total Body Conditioning
11:30 AM	Health Seminar: Improve Your Posture	7:30 AM	Abs Class
12:30 PM	Health Seminar: Increase Your Metabolism	8:00 AM	Pure-Form Yoga \$20
5:00 PM	Tour de Cycle \$20	9:00 AM	Stretch & Release
6:00 PM	Complimentary Footprint Analysis	10:30 PM	Health Seminar: Increase Your Metabolism
Day 4 - Saturday, 6 Jan. - Falmouth: 08:00AM-5:00PM		11:30 PM	Health Seminar: Improve Your Posture
7:00 AM	Sunrise Stretch	5:00PM	Tour de Cycle \$20
7:30AM	Abs Class	6:00 PM	Complimentary Footprint Analysis
8:00AM	Body Scupt Bootcamp \$20	Day 10 - Friday, 12 Jan. - Bimini: 08:00AM-6:00PM	
11:00 AM	Health Seminar: Eat More to Weigh Less	7:00 AM	Sunrise Stretch
4:00 PM	Health Seminar: Improve Your Posture	7:30 AM	Abs Class
5:00PM	Tour de Cycle \$20	8:00AM	Tour de Cycle \$20
6:00 PM	Complimentary Footprint Analysis	11:00 AM	Health Seminar: Improve Your Posture
Day 5 - Sunday, 7 Jan. - At Sea		4:00 PM	Health Seminar: Increase Your Metabolism
7:00 AM	Total Body Conditioning	5:00PM	Pure-Form Pilates \$20
7:30 AM	Abs Class	6:00PM	Complimentary Footprint Analysis
8:00 AM	Body Scupt Bootcamp \$20	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>INBODY METABOLIC TEST Find out your: Muscle Mass, Body Fat Percentage, BMI, Fluid Retention Weight Distribution, Basal Metabolic Rate, Visceral Body Fat And much more. Test and 45 min consultation - \$99</p> </div>	
9:00AM	Stretch & Release		
12:00 PM	Health Seminar: Detox For Health & Weight Loss		
3:00 PM	Health Seminar: Pain Management Workshop		
5:00 PM	Pure-Form Pilates \$20		
6:30 PM	Complimentary Footprint Analysis		
Day 6 - Monday, 8 Jan. - Mahogany Bay: 08:00AM-5:00PM			
7:00 AM	Abs Class		
8:00AM	Pure-Form Pilates \$20		
11:00 AM	Health Seminar: Relieving Back Pain		
4:00 PM	Health Seminar: Burn Fat Faster		
5:00 PM	Body Scupt Bootcamp \$20	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>PERSONAL TRAINING The average cruiser gains one to two pounds... daily! Keep active on your vacation and take advantage of our excellent fitness team on board. Sit down with one of our two experienced trainers, Leon & Stefan for a one-on-one session. Book in now for your personalized training session and free program. 1 Session \$99/ 3 Sessions - \$249</p> </div>	
6:00 PM	Evening Stretch		
6:30 PM	Complimentary Footprint Analysis		

Free Educational Seminar How to Increase your Metabolism

In this seminar, we will cover:

- How to lose weight from the mid-section
- How you can increase your fat burning potential
- The key to increasing energy levels
- How to lower blood pressure, reduce cholesterol, and reduce blood sugar levels.

Whether it's to firm and tone, lose weight or gain weight, your health will benefit from this presentation.

We will deliver the very latest health information and aim to inspire people to live longer, healthier lifestyles.

**In the Stuyvesant Room (Deck 3 Forward)
at 12:30am
Day 3, Friday at Sea**

Free Educational Seminar Improving your Posture

If you experience any of the below, this presentation is for you!

- High Arch or Flat Foot.
- Bunions, Hammer Toes or Spurs.
- Arthritis or Osteoporosis.
- Headaches.
- Muscular or Joint Pain (Neck, Back, Hip, Knee or Foot).
- Scoliosis, Kyphosis or Lordosis of the spine?

In this informative workshop you will have the opportunity to learn about a variety of highly effective treatments for eliminating pain right from the root. This event is not to be missed! You deserve to go home pain free.

**In the Fitness Center (Deck 9 Forward)
at 11:30am
Day 3, Friday at Sea**

InBody 570 Analysis

What are you made of?

Find out today:

- How fast is your metabolism?
- How much water are you retaining?
- Why you are tired with low energy levels?
- Why you are struggling to lose weight?

InBody570



SUFFER FROM PAIN?

- ✓ Foot, Knee, Back or Hip Pain ?
- ✓ Bunions?
- ✓ Hammer Toes?
- ✓ Calluses?
- ✓ Heel Spurs?
- ✓ Plantar Fasciitis?



See your personal trainers for free footprint and posture analysis.

Your footprint can hold the answer