

Spa Carnival

Fitness Classes & Seminar Schedule

Fitness Center hours: 6:00am - 8:00pm. Shirts and training shoes must be worn at all times.
Guests must be 18 years or older. 16 to 18 year olds accompanied by an adult (Parent).
Please register for exercise classes in advance in the Gymnasium, Deck 12, Forward. Ext 2009

Thursday – Port Canaveral

11:45 pm-3pm Meet our International Personal Trainers Andrey and Dragan. They will give you an insight into the exciting classes & seminars taking place throughout this cruise.

3:00 pm Spa Raffle (\$1000 of spa treatments to be Won)

5:15 pm **Seminar – Burn Fat Fast (Free)**
Food is the biggest drug that we put into our body daily, but are we getting the most from our food and how we can lose weight this cruise instead of gaining.
(Gym -Deck 12, fwd)

Friday – Nassau, Bahamas (12noon – 6am next day)

7:00am Stretch

7:30am Tai-Chi

8:00am Yogalates (\$12)

10:00am **Seminar - Secrets to a Flatter Stomach (Highly recommended) FREE**
It takes 25,000 sit ups to burn less than 1 lb of body fat. It is time to find out how to work SMART to get the abdominals, hips and thighs that you deserve.
(Gym - Deck 12, fwd)

Saturday – Fun Day @ Sea

7:00am Stretch

7:30am Tai-Chi

8:00am Indoor Cycling (\$12)

9:00am Pathway to Yoga (\$12)

10:00am **Detox to Weight Loss -Seminar (Free)**
Learn the effects of chemicals in your food, air, water and cosmetic products. Understand how to prevent and reduce the appearance of cellulite and other side effects caused by these harmful toxins.
(Gym Deck 12, fwd.)

2:00pm **How to Increase Your Metabolism (Free Seminar)**

4:00pm PILATES/ Core Conditioning (\$12)

5:00pm Stretch

Fitness Menu of Services

Personal Training

Reached a plateau in your training, want to lose weight or tone up. Receive optimum results with Personal Training.

1 x PT Session	\$85.00
3 x PT Sessions	\$209.00 (SAVE - \$26.00)

Body Composition Analysis

Learn how to rebuild your body & discover the easiest way to lose weight this cruise.

- Do you have a slow Metabolism or low energy levels?
- Do you find it challenging to flatten your stomach?
- Do you find it difficult to reach your goals?

With this computerized analysis we can determine your metabolic rate, lean muscle mass and body fat %, so that we can create a professional, personalized program to get you back on track. Only \$35

Specialized Fitness Classes (Nominal fee)

Body perfect Yoga, Pilates & Group Cycling \$12 per class

SEE YOUR ONBOARD FITNESS DIRECTORS FOR MORE DETAILS or CALL 2009 or VISIT THE SPA, DECK 12 FWD

Please allow 24 hours for rescheduling or cancelling your gym appointments to avoid a 50% cancellation fee.

TRY THESE SELECT FITNESS SERVICES...

Personal Training Receive optimum results when one of our trained fitness professionals shows you the results-driven exercise your body needs to look its best.

Body Composition Analysis (BCA) Learn your body fat content, rate of metabolism, water retention level, and the easiest way for you to lose weight.

Specialized Fitness Classes Suitable for students of all levels. Some of our fitness classes include Yoga, Pilates, Kick Boxing, and a Cycling Class.

