

SUNDAY PORT CANAVERAL

DEPARTS 5:00 pm

12:00 pm - 10:00 pm GYM HOURS

Check out our latest facilities and ask about our onboard fitness classes and our personal international fitness instructors who can advise you and personalize a work out program for you.

3:00 p.m. SPA RAFFLE - \$500 WORTH OF PRIZES

MONDAY NASSAU

7:30 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

Goofy's Sports Deck- Meet 10 minutes before in the Senses Fitness Center

8:00 a.m. WAKE UP & STRETCH - CLASS

8:30 a.m. GROUP CYCLING - Sign Up Required

9:15 a.m. SEMINAR: HOW TO LOSE 1-8 INCHES IN 50 MINUTES
Senses Spa, Deck 11, Forward

3:00 p.m. GOOD FEET SEMINAR: RELIEVING BACK PAIN
Senses Spa, Deck 11, Forward

4:00 p.m. SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS
Senses Spa, Deck 11, Forward

5:00 p.m. PATHWAY TO YOGA - CLASS

SPA PORT DAY SPECIALS

SALON TASTER SPECIAL

Choose from any of the following:
- Scalp massage, European facial, hand treatment, sunglow makeover, conditioning hair treatment, eye collagen facial, foot & ankle massage, neck & shoulder massage
- Choose Three for \$99, Five for \$119 and all Eight for \$139

SUN SOOTHER

- Full body skin nourishing milk wrap
- Back, neck and shoulder massage
- Foot & ankle massage
- Scalp massage

50 Minutes for \$109.00

PAMPER PACKAGE

50 minute full body massage and 25 minute facial
75 minutes pamper for \$149

BODY SCULPTING BOOT CAMP

30 minutes of high intensity, high energetic group training class. Burn up from 300 - 700 calories, using own body weight or 1 dumbbell. Includes a Metabolism Test once you have completed the Boot Camp. Three sessions - \$69.00

METABOLISM ASSESSMENT

Measure your metabolic rate, water retention, body fat %, and hydration. Discover which detox you need.
45 minutes - \$33.00

PERSONAL TRAINING

One on one training with one of our 2 world renowned Personal Trainers. Kick start 1 hour session - \$82.00
Ready for a lifestyle change course
(3 sessions) - \$209.00 - or - PT Express 30 minute sessions - \$45.00

TUESDAY CASTAWAY CAY

7:30 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

Goofy's Sports Deck- Meet 10 minutes before in the Senses Fitness Center

8:00 a.m. WAKE UP & STRETCH - CLASS

8:30 a.m. GROUP CYCLING - Sign Up Required

10:30 a.m. YOGA ON THE BEACH (SERENITY BAY)

3:30 p.m. SEMINAR: SECRETS TO A FLATTER STOMACH
Senses Spa, Deck 11, Forward

4:30 p.m. GOOD FEET SEMINAR: IMPROVING POSTURE
Senses Spa, Deck 11, Forward

5:30 p.m. FAB ABS - CLASS

WEDNESDAY DAY AT SEA

7:30 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

Goofy's Sports Deck- Meet 10 minutes before in the Senses Fitness Center

8:00 a.m. WAKE UP & STRETCH - CLASS

9:00 a.m. TOTAL BODY CONDITIONING - CLASS

10:00 a.m. SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS
Senses Spa, Deck 11, Forward

Many modern "illnesses" are merely symptoms of a body out of balance. Discover easy methods to obtain optimal health.

11:00 a.m. GOOD FEET SEMINAR: WALKING IN COMFORT
Senses Spa, Deck 11, Forward

2:00 p.m. SEMINAR: HOW TO INCREASE YOUR METABOLISM
Senses Spa, Deck 11, Forward

Contact the onboard Acupuncturist for more information.



Acupuncture **The Point of Well-Being**

EFFECTIVE TREATMENTS FOR VARIOUS CONDITIONS

HERBAL SUPPLEMENTS / EDUCATIONAL SEMINARS

Available at the Spa

SENSES
SPA & SALON