

SATURDAY PORT CANAVERAL

11:30 am - 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 pm SPA RAFFLE - \$500 WORTH OF SPA PRIZES TO BE WON

4:30 pm SEMINAR: IMPROVE POSTURE - PREVENT BACK PAIN - SENSES SPA

SUNDAY DAY AT SEA

7:00 am YOGA - DONALD'S POOL

9:15 am BODY SCULPT BOOT CAMP (FEE APPLIES)

11:00 am SEMINAR: BURN FAT FASTER - SENSES SPA

12:00 pm SEMINAR: INTRODUCTION TO ACUPUNCTURE - SENSES SPA

2:00 pm SEMINAR: EAT MORE TO WEIGH LESS - SENSES SPA

4:00 pm GROUP CYCLING

5:00 pm FREE FOOTPRINT ANALYSIS

7:00 pm FITNESS FRENZY(FOR TEENS) (FEE APPLIES)

MONDAY DAY AT SEA

7:00 am SUNRISE STRETCH - DONALD'S POOL

7:30 am FAB ABS - DONALD'S POOL

9:15 am BODY SCULPT BOOT CAMP (FEE APPLIES)

11:00 am SEMINAR: HOW TO INCREASE YOUR METABOLISM - SENSES SPA

2:00 pm SEMINAR: BACK PAIN SOLUTIONS - SENSES SPA

4:00 pm GROUP CYCLING

5:00 pm PILATES

7:00 pm FITNESS FRENZY(FOR TEENS) (FEE APPLIES)

TUESDAY ST. MAARTEN

7:00 am SUNRISE STRETCH - DONALD'S POOL

7:30 am FAB ABS - DONALD'S POOL

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am FREE FOOTPRINT ANALYSIS

4:00 pm PATHWAY TO YOGA

5:00 pm FAB ABS

WEDNESDAY ST. THOMAS

7:00 am SUNRISE STRETCH - DONALD'S POOL

7:30 am FAB ABS - DONALD'S POOL

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

4:00 pm PILATES

5:00 pm FAB ABS

THURSDAY DAY AT SEA

7:00 am SUNRISE STRETCH - DONALD'S POOL

7:30 am FAB ABS - DONALD'S POOL

9:15 am BODY SCULPT BOOT CAMP (FEE APPLIES)

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

12:00 pm SEMINAR: IMPROVING POSTURE-WALK IN COMFORT - SENSES SPA

1:00 pm SEMINAR: INTRODUCTION TO ACUPUNCTURE - SENSES SPA

2:00 pm SEMINAR: SECRETS TO A FLATTER STOMACH - SENSES SPA

4:00 pm GROUP CYCLING

5:00 pm FREE FOOTPRINT ANALYSIS

7:00 pm FITNESS FRENZY(FOR TEENS) (FEE APPLIES)

FRIDAY CASTAWAY CAY

7:00 am SUNRISE STRETCH - DONALD'S POOL

7:30 am FAB ABS - DONALD'S POOL

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am FREE FOOTPRINT ANALYSIS

11:00 am YOGA ON THE BEACH - SERENITY BAY

5:00 pm FAB ABS

BOOT CAMP

30-45 minute workout, Burn up to 700 calories in 1 session
Full Body workout- low impact/ High intensity
(4 sessions) - \$120.00 (session includes a FREE Body Composition)

METABOLISM TEST

45 - minute lifestyle consultation which includes a full hydration analysis, precise body fat %, water retention assessment and metabolic rate. \$33

FREE FOOTPRINT ANALYSIS

Find out why looking after your feet are so important to managing any pain and can give you the greatest comfort while living a more active lifestyle. Come in for a 15 minute complimentary Foot Print Analysis with our Good Foot Specialists.

FITNESS CENTER - 6:00 A.M. - 10:00 P.M.

Shirts and training shoes must be worn at all times.
Fitness Center is reserved for Guests 18 & older.