

SATURDAY PORT CANAVERAL

- 12:00 pm - 3:00 pm SPA OPEN HOUSE
 Check out our latest facilities and ask about our onboard fitness classes.
- 3:00 pm SPA RAFFLE - MYSTERY SPA TREATMENT TO BE REVEALED
- 4:30 pm SEMINAR: CELLULITE SOLUTIONS - SENSES GYM
- 5:15 pm FREE FOOTPRINT ANALYSIS

SUNDAY DAY AT SEA

- 7:00 am YOGA - DONALD'S POOL
- 9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 11:00 am SEMINAR: SECRETS TO A FLATTER STOMACH - SENSES SPA
- 12:15 pm SEMINAR: INTRODUCTION TO ACUPUNCTURE - SENSES SPA
- 1:00 pm SEMINAR: BACK PAIN SOLUTIONS - WALK IN COMFORT - SENSES GYM
- 3:15 pm SEMINAR: ACUPUNCTURE (TONGUE & PULSE ANALYSIS) - SENSES SPA
- 4:00 pm GROUP CYCLING
- 5:00 pm FREE FOOTPRINT ANALYSIS
- 7:00 pm FITNESS FRENZY(FOR TEENS) (FEE APPLIES)

MONDAY GRAND CAYMAN

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 8:00 am FREE FOOTPRINT ANALYSIS
- 9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:15 am FACIAL WORKSHOP - SENSES SPA
- 4:00 pm GROUP CYCLING
- 7:00 pm FITNESS FRENZY(FOR TEENS) (FEE APPLIES)

TUESDAY COSTA MAYA

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:15 am SEMINAR: ACUPUNCTURE (TONGUE & PULSE ANALYSIS) - SENSES SPA
- 10:00 am SEMINAR: DETOX TO BURN FAT FASTER - SENSES SPA
- 11:00 am SEMINAR: BACK PAIN SOLUTIONS - SENSES SPA
- 4:00 pm PATHWAY TO YOGA
- 5:30 pm FREE FOOTPRINT ANALYSIS

WEDNESDAY COZUMEL

- 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 FREE FOOTPRINT ANALYSIS

THURSDAY DAY AT SEA

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 8:00 am FREE FOOTPRINT ANALYSIS
- 9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 11:00 am SEMINAR: INCREASE YOUR METABOLISM - SENSES SPA
- 12:15 pm SEMINAR: ACUPUNCTURE HERBS - SENSES SPA
- 1:00 pm SEMINAR: CLEANSE FOR HEALTH AND WEIGHT LOSS - SENSES SPA
- 2:00 pm SEMINAR: IMPROVE POSTURE - RELIEVING BACK PAIN - SENSES GYM
- 4:00 pm GROUP CYCLING
- 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 BEACH
- 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 - 6:30 A.M. - 10:00 P.M.

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