



Please refer to your daily Personal Navigator for hours of operation. Shirts and training shoes must be worn at all times.  
Spa facility is reserved for Guests over 18 years of age. All exercise classes are 45 minutes in length, except as noted.

## THURSDAY PORT CANAVERAL

12:00 p.m. - 10:00 p.m. 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.

2:00 p.m. - 3:45 p.m. COMPLIMENTARY ACUPUNCTURE DEMONSTRATION CONSULTATION

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

4:30 p.m. COMPLIMENTARY FOOTPRINT ANALYSIS

4:30 p.m. KIDS MEBATH! PEDDI PARTY (FEE APPLIES)

5:00 p.m. ACUPUNCTURE SEMINAR

Introduction to Acupuncture & Chinese Herbs with live model demonstration

## FRIDAY NASSAU

8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

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

8:00 a.m. TEEN BOOT CAMP (FEE APPLIES)

9:00 a.m. WAKE UP & STRETCH - CLASS (30 MINUTES)

9:00 a.m. ACUPUNCTURE SEMINAR: STRESS, INSOMNIA & DEPRESSION

10:00 a.m. GROUP CYCLING - Sign Up Required

11:30 a.m. GOOD FEET SEMINAR: RELIEVING BACK PAIN with complimentary footprint

1:30 p.m. SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS

3:00 p.m. ACUPUNCTURE WALK IN PAIN & DIGESTIVE MANAGEMENT

3:30 p.m. GOOD FEET SEMINAR: WALKING IN COMFORT with complimentary footprint

4:00 p.m. ACUPUNCTURE SEMINAR: ARTHRITIS AND BACK PAIN

4:30 p.m. YOGA CLASS

## SATURDAY DISNEY'S CASTAWAY CAY

7:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

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

7:00 a.m. TEEN BOOT CAMP (FEE APPLIES)

9:00 a.m. WAKE UP & STRETCH - CLASS (30 MINUTES)

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

3:00 p.m. ACUPUNCTURE WALK IN PAIN MANAGEMENT

3:30 p.m. GOOD FEET SEMINAR: IMPROVING POSTURE with complimentary footprint

4:00 p.m. SEMINAR: HOW TO INCREASE YOUR METABOLISM

4:00 p.m. ACUPUNCTURE DIGESTIVE MANAGEMENT

4:30 p.m. PATHWAY TO PILATES

## 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

### PAMPER PACKAGE

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

### SUN SOOTHER

Full Body Skin Nourishing Milk Wrap, Back neck & Shoulder Massage  
Foot & Ankle Massage and Scalp Massage. 50 minutes \$109

## PERSONAL TRAINING

Get a personalized hour session with our health and fitness instructors onboard to ensure you achieve the best results!

- Single session (One Person) \$82/1 hour  
- 3 sessions (One Person) \$209 (includes a complimentary Body Composition Analysis)

## BODY COMPOSITION ANALYSIS

Has weight loss become mission impossible? Or are you losing inches, but from the wrong areas (Face & Chest)? How efficient is your metabolism functioning? Using our state of the art Biodynamic machine you will find out exactly what is happening on the inside of your body! Once we have the results we will advise you on Detoxification.

ONLY \$33 per person - 45 Minutes

## 3 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts

- Full Body Workout

- Burn up to 700 Calories in 1 session

- Low impact/ high intensity

\$33 for 2 sessions

(Body Sculpt Boot Camp includes a complimentary Body Composition Analysis)