



THURSDAY VENICE

11:30 a.m. - 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.

- 3:15 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. TONGUE & PULSE ANALYSIS

FRIDAY DAY AT SEA #1

8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)
Meet 10 min prior in Senses Fitness Center

- 9:00 a.m. SIX PACK ABS
- 9:30 a.m. INTRODUCTION TO ACUPUNCTURE - O'Gills
- 10:00 a.m. PILATES
- 11:00 a.m. SECRETS TO A FLATTER STOMACH
- 2:30 p.m. RELIEVING BACK PAIN
- 3:00 p.m. PAIN MANAGEMENT - O'Gills
- 4:00 p.m. YOU ARE WHAT YOU EAT
- 5:00 p.m. GROUP CYCLING - Sign Up Required

SATURDAY KATAKOLON

8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)
Meet 10 min prior in Senses Fitness Center

- 9:00 a.m. WAKE UP & STRETCH
- 10:00 a.m. GROUP CYCLING - Sign Up Required
- 11:00 a.m. SEMINAR: BURN FAT FASTER
- 3:00 p.m. ATHRITUS AND BACK PAIN SOLUTIONS - O'Gills
- 4:00 p.m. GOOD FEET SEMINAR: WALKING IN COMFORT
- 5:00 p.m. SIX PACK ABS

SUNDAY PIRAEUS

- 8:00 a.m. SIX PACK ABS
- 9:00 a.m. YOGA
- 10:00 a.m. GROUP CYCLING - Sign Up Required
- 11:00 a.m. SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS
- 4:00 p.m. BACK PAIN SOLUTION
- 4:30 p.m. ACUPUNCTURE DEMONSTRATION - O'Gills
- 5:00 p.m. EVENING STRETCH

MONDAY KUSADASI

- 8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 a.m. MORNING STRETCH
- 10:00 a.m. FAB ABS
- 2:30 p.m. SEMINAR: EAT MORE TO WEIGH LESS
- 3:00 p.m. ACUPUNCTURE: NATURAL HERBAL REMEDIES - O'Gills
- 4:00 p.m. IMPROVING POSTURE
- 5:00 p.m. PILATES

TUESDAY RHODES

8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)
Meet 10 min prior in Senses Fitness Center

- 9:00 a.m. ABS ATTACK
- 10:00 a.m. PILATES
- 2:30 p.m. SEMINAR: BURN FAT FASTER
- 3:00 p.m. STRESS SOLUTION - O'Gills
- 4:00 p.m. GOOD FEET SEMINAR: WALKING IN COMFORT
- 5:00 p.m. GROUP CYCLING - Sign Up Required

WEDNESDAY MYKONOS

8:00 a.m. ABS ATTACK

- 9:00 a.m. YOGA
- 10:00 a.m. GROUP CYCLING - Sign Up Required
- 2:30 p.m. SEMINAR: EAT MORE TO WEIGH LESS
- 3:00 p.m. ACUPUNCTURE - POINT OF WELL BEING - Keys
- 4:00 p.m. COMPLIMENTARY FOOT PRINTS
- 5:00 p.m. PILATES

THURSDAY DAY AT SEA #2

8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)
Meet 10 min prior in Senses Fitness Center

- 9:00 a.m. MORNING STRETCH
- 10:00 a.m. ABS ATTACK
- 10:30 a.m. ACUPUNCTURE: CHINESE HERBS - O'Gills
- 11:00 a.m. GOOD FEET SEMINAR: BACK PAIN SOLUTIONS
- 2:30 p.m. SECRETS TO A FLATTER STOMACH
- 2:30 p.m. NATURAL REMEDIES - O'Gills
- 4:00 p.m. SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS
- 5:00 p.m. TOTAL BODY CONDITIONING

FRIDAY VENICE

8:00 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)
Meet 10 min prior in Senses Fitness Center

- 9:00 a.m. SIX PACK ABS
- 10:00 a.m. YOGA
- 2:30 p.m. HOW TO INCREASE YOUR METABOLISM
- 4:00 p.m. RELIEVING BACK PAIN
- 5:00 p.m. GROUP CYCLING - Sign Up Required

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 30 minutes in length, except as noted.

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 3 for \$99, Five for \$119 or all Eight for \$139

PAMPER PACKAGE

50 Minute Full Body Massage & 25 Minute Facial
75 Minute Pamper for \$149

PERSONAL TRAINING

Get a personalized hour sessions with our health and fitness directors onboard to insure you achieve the best results!

- Single Session (one person) \$82/1 hour
- 3 Sessions (one person) \$246

(Includes a complimentary Body Composition Analysis Test)

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 \$33.00 - 45 Minutes

12 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts
- Full Body Workout
- Burn up to 700 Calories in 1 Session
- Low Impact/High Intensity
- \$33 for 1 Sessions
- \$69 for 3 Sessions

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

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.
(Operating Hours Subject to Change)

Tone. En Forma. Fitness.
Forma. Fitness. De remise en forme.

time to spa