



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

timetospa

SENSES

SPA & SALON

FITNESS SCHEDULE

Opening Hours: 6:00 am - 10:00 pm 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.

MONDAY PORT CANAVERAL

| | |
|---------------------|---|
| 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. |
| 2:00 pm | COMPLIMENTARY ACUPUNCTURE DEMONSTRATION CONSULTATION |
| 3:00 pm | SPA RAFFLE - \$500 WORTH OF PRIZES |
| 4:30 pm | KIDS MEBATH! PEDDI PARTY (FEE APPLIES) |
| 4:30 pm | COMPLIMENTARY FOOTPRINT ANALYSIS |
| 5:30 pm | ACUPUNCTURE SEMINAR: INTRO TO ACUPUNCTURE Introduction to Acupuncture & Chinese Herbs with live model acupuncture demonstration |

TUESDAY NASSAU

| | |
|----------|---|
| 7:00 am | WAKE UP & STRETCH - CLASS (30 MINUTES) |
| 7:30 am | FAB ABS |
| 8:00 am | BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10 min before in Senses Fitness Center |
| 9:15 am | ACUPUNCTURE SEMINAR: STRESS, INSOMNIA & DEPRESSION With live model acupuncture demonstration |
| 11:15 am | YOGA CLASS |
| 2:00 pm | GOOD FEET SEMINAR: WALKING IN COMFORT |
| 2:30 pm | ACUPUNCTURE: WALK IN PAIN & DIGESTIVE CLINIC With live model acupuncture demonstration |
| 3:00 pm | SEMINAR: HOW TO INCREASE YOUR METABOLISM |
| 4:15 pm | ACUPUNCTURE SEMINAR: ARTHRITIS AND BACK PAIN With live model acupuncture demonstration |
| 5:00 pm | PURE FORM PILATES |

WEDNESDAY DISNEY'S CASTAWAY CAY

| | |
|----------|---|
| 7:00 am | WAKE UP & STRETCH - CLASS (30 MINUTES) |
| 7:30 am | FAB ABS |
| 8:00 am | BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10 min before in Senses Fitness Center |
| 10:30 am | YOGA ON THE BEACH - Serenity Bay |
| 2:30 pm | ACUPUNCTURE: DIGESTIVE MANAGEMENT With live model acupuncture demonstration |
| 3:00 pm | GOOD FEET SEMINAR: RELIEVING BACK PAIN with complimentary footprint |
| 4:00 pm | SEMINAR: SECRETS TO A FLATTER STOMACH |
| 4:15 pm | ACUPUNCTURE SEMINAR: ASTHMA & ALLERGY CLINIC with live model acupuncture demonstration |
| 5:00 pm | PURE FORM PILATES |

THURSDAY DAY AT SEA

| | |
|----------|---|
| 7:00 am | WAKE UP & STRETCH - CLASS (30 MINUTES) |
| 7:30 am | FAB ABS |
| 8:00 am | BODY SCULPT BOOT CAMP (FEE APPLIES) Goofy's Sports Deck - Meet 10min before in Senses Fitness Center |
| 9:30 am | GROUP CYCLING - Sign Up Required |
| 9:30 am | ACUPUNCTURE SEMINAR: INTRO TO ACUPUNCTURE Introduction to Acupuncture & Chinese Herbs with live model acupuncture demonstration |
| 10:15 am | ACUPUNCTURE SEMINAR: PAIN RELIEF |
| 11:00 am | SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS |
| 2:00 pm | GOOD FEET SEMINAR: RELIEVING BACK PAIN |
| 4:00 pm | YOGA CLASS |

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)

SPA PORT DAY SPECIALS

SALON TASTER SPECIAL

Choose from any of the following: Scalp Massage, European Facial, Hand Treatment, Sunlagon 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

50min 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

CABANA MASSAGE, CASTAWAY CAY

Enjoy a massage at Serenity Bay side by side or by yourself overlooking the blue waters of the Bahamas.
Swedish Massage - 50 minutes \$147
Bamboo Massage - 50 minutes \$159

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

4 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 session
- \$69 for 2 sessions

(2 sessions includes a complimentary Body Composition Analysis)