

## SATURDAY PORT CANAVERAL

12:00 pm - 3:00 pm SPA OPEN HOUSE

Check out our latest facilities and ask about our onboard fitness classes.

2:00 pm FREE ACUPUNCTURE DEMONSTRATION

3:00 pm SPA RAFFLE - \$500 WORTH OF SPA PRIZES TO BE WON

5:15 pm FREE FOOTPRINT ANALYSIS - SENSES SPA

## SUNDAY DAY AT SEA

7:00 am PURE FORM PILATES - DONALD'S POOL

7:45 am FAB ABS - SENSES SPA

8:30 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:15 am ACUPUNCTURE: INTRODUCTION TO ACUPUNCTURE - SENSES SPA

10:30 am SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS - SENSES SPA

1:15 pm ACUPUNCTURE: PAIN RELIEVE - SENSES SPA

2:00 pm SEMINAR: WALK IN COMFORT - SENSES SPA

2:30 pm SEMINAR: SECRETS TO A FLATTER STOMACH - SENSES SPA

4:00 pm TOUR DE CYCLE - SIGN UP REQUIRED

5:00 pm FREE POSTURE & FOOTPRINT ANALYSIS

## MONDAY COZUMEL

7:00 am SUNRISE STRETCH - DONALD'S POOL

8:30 am FAB ABS - SENSES GYM

4:00 pm PURE FORM PILATES

4:30 pm ACUPUNCTURE: BACK PAIN SOLUTIONS - SENSES SPA

5:00 pm SEMINAR: BURN FAT FASTER

5:15 pm ACUPUNCTURE: WALK IN DIGESTIVE & ALLERGIES CLINIC

## TUESDAY GRAND CAYMAN

7:30 am TOUR DE CYCLE - SIGN UP REQUIRED

8:30 am BODY SCULPT BOOT CAMP (FEE APPLIES)

4:00 pm YOGA

5:00 pm FREE POSTURE & FOOTPRINT ANALYSIS

### BOOT CAMP

30-45 minute workout, Burn up to 700 calories in 1 session  
Full Body workout- low impact/ High intensity

1 Session \$33

4 sessions - 120.00

(Session also 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.

## WEDNESDAY FALMOUTH

7:00 am SUNRISE STRETCH

8:30 am FAB ABS

3:30 pm FREE TONGUES AND PULSE ANALYSIS

4:00 pm SEMINAR: HOW TO INCREASE YOUR METABOLISM

5:00 pm PURE FORM PILATES

## THURSDAY DAY AT SEA

7:00 am YOGA - DONALD'S POOL

7:45 am FAB ABS - SENSES SPA

8:30 am BODY SCULPT BOOT CAMP (FEE APPLIES)

10:00 am ACUPUNCTURE: INTRODUCTION TO ACUPUNCTURE - SENSES SPA

10:30 am SEMINAR: SECRETS TO A FLATTER STOMACH - SENSES SPA

2:00 pm SEMINAR: WALK IN COMFORT - SENSES SPA

2:30 pm SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS - SENSES SPA

4:00 pm TOUR DE CYCLE - SIGN UP REQUIRED

5:00 pm FREE POSTURE & FOOTPRINT ANALYSIS

## FRIDAY CASTAWAY CAY

7:00 am SUNRISE STRETCH - DONALD'S POOL

7:30 am BODY SCULPT BOOT CAMP (FEE APPLIES)

8:30 am FAB ABS - SENSES SPA

11:00 am YOGA ON THE BEACH - SERENITY BAY CABANA RECEPTION

4:15 pm ACUPUNCTURE: CHINESE HERBS - SENSES SPA

### POSTURE 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.

\* Please collect a mat from Senses Spa Fitness Center before attending classes at the Donald Pool.

A photograph of a person in a white robe sitting in a meditative pose on a beach. The person's hands are resting on their knees in a mudra. In the background, another person is visible, also in a meditative pose. The scene is brightly lit, suggesting a sunny day. The overall mood is peaceful and serene.

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

timeto spa