

## 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 - \$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

7:45 am FAB ABS - SENSES SPA

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

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

2:00 pm SEMINAR: IMPROVE YOUR POSTURE - SENSES SPA

2:30 pm SEMINAR: BURN FAT FASTER - SENSES SPA

4:00 pm TOUR DE CYCLE - SIGN UP REQUIRED

5:00 pm FREE POSTURE & FOOTPRINT ANALYSIS

## MONDAY 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)

10:15 am SEMINAR: HOW TO INCREASE YOUR METABOLISM - 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

## TUESDAY TORTOLA

7:00 am SUNRISE STRETCH - DONALD'S POOL

8:30 am FAB ABS

9:00 am FREE POSTURE & FOOTPRINT ANALYSIS

## WEDNESDAY ST. THOMAS

7:00 am SUNRISE STRETCH - DONALD'S POOL

8:30 am FAB ABS

9:00 am FREE POSTURE & FOOTPRINT ANALYSIS

4:00 pm SEMINAR: BURN FAT FASTER

5:00 pm PURE FORM PILATES

## THURSDAY DAY AT SEA

7:00 am YOGA - DONALD'S POOL

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

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

9:00 am FREE POSTURE & FOOTPRINT ANALYSIS

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

### BODY COMPOSITION ANALYSIS

Measures metabolic rate, toxin and fluid retention levels, muscle mass, body fat %.

Includes a lifestyle consultation.

45 minutes - 33.00

### 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)

### 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 - 6:00 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.



## COMPLIMENTARY HEALTH SEMINARS

### DETOX FOR HEALTH AND WEIGHT LOSS

SUNDAY, DAY AT SEA 1 - 10:30 AM  
SENSES SPA, DECK 11, FORWARD

- INCREASE YOUR METABOLISM AND ENERGY LEVELS
- LOWER BLOOD PRESSURE & CHOLESTEROL LEVELS
- LOSE WEIGHT FROM YOUR PROBLEM AREAS (STOMACH, HIPS, THIGHS & ARMS)
  - ELIMINATE WATER RETENTION & CELLULITE
- EASE THE EFFECTS OF ARTHRITIS, REFLUX, IBS & CONSTIPATION
- ALLEVIATE ARTHRITIC PAIN, MUSCLE ACHES & JOINT PAINS

WITH YOUR FITNESS TRAINERS AGATA AND GERT

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### WALKING IN COMFORT AND IMPROVING POSTURE WITH GOODFEET

SUNDAY, DAY AT SEA 1 - 2:00 PM  
SENSES SPA, DECK 11, FORWARD

FREE FOOTPRINT ANALYSIS INCLUDED

RELIEVING BACK, JOINT AND FOOT PAIN THROUGH BETTER POSTURE AND BODY ALIGNMENT.  
JOIN US TO LEARN HOW POSTURE, IN PARTICULAR THE FEET, CAN AFFECT YOUR BACK.

FIND OUT HOW TO SOLVE:

- BACK PAIN
- HIP PAIN
- KNEE PAIN
- LEG, ANKLE AND FOOT PAIN
  - PLANTAR FASCIITIS
  - HAMMERTOES
  - HEEL SPURS
- FLAT FEET OR FALLEN ARCHES

HOSTED BY ONBOARD FITNESS PROFESSIONALS AGATA AND GERT