

# 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.

### FRIDAY PORT CANAVERAL

- 12:00 pm - 10:00 pm **EMBARKATION 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.
- 12:00 pm - 3:30 pm - **OPEN HOUSE**
- 12:30 pm **MEET DR. URSULA, (OUR SPA REJUVENATION PHYSICIAN)**
- 2:00 pm **COMPLIMENTARY ACUPUNCTURE DEMONSTRATION CONSULTATION**
- 3:00 pm **SPA RAFFLE - \$500 WORTH OF PRIZES**
- 4:30 pm **COMPLIMENTARY FOOTPRINT ANALYSIS**
- 5:00 pm - 8:00 pm **COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION**

### SATURDAY 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
- 9:00 am **TOUR DE CYCLE - Sign Up Required**
- 10:00 am **ACUPUNCTURE SEMINAR: STRESS RELIEF**
- 11:15 am **HOW TO LOOK TEN YEARS YOUNGER TODAY - SENSES SPA**
- 1:00 pm **COOLSCULPTING SEMINAR: ONE TREATMENT FOR A SLIMMER YOU**
- 3:00 pm **GOOD FEET SEMINAR: IMPROVING POSTURE**
- 3:15 pm **ACUPUNCTURE FOR PAIN MANAGEMENT**
- 4:00 pm **PURE YOGA - FITNESS CENTER**
- 4:00 pm **TRANSFORM YOUR SKIN WITH THERMAGE - SENSES SPA**
- 5:00 pm **COMPLIMENTARY FOOTPRINT ANALYSIS**
- 5:00 pm - 8:00 pm **COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION**

### SUNDAY DISNEY 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 **PURE YOGA ON THE BEACH - Serenity Bay**
- 3:00 pm **SEMINAR: EAT MORE TO WEIGH LESS**
- 3:00 pm **THERMAGE SKIN TIGHTENING - SENSES SPA**
- 3:15 pm **ACUPUNCTURE FOR WEIGHT LOSS**  
With live model acupuncture demonstration
- 4:00 pm - 6:00 pm **COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION**
- 4:00 pm **GROUP CYCLING (SIGN UP REQUIRED)**
- 5:00 pm **GOOD FEET SEMINAR: WALKING IN COMFORT**

### BODY SCULPT 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 include a complimentary Body Composition Analysis)

### 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

### DETOX FOR HEALTH & WEIGHT LOSS

If you are eating healthy and exercising but still not seeing the results, join our seminar to find out why!

### WALKING IN COMFORT

Suffering from Knee, Hip, Back, Shoulder or Neck pain? Come and find out why and learn how to walk away pain-free

### 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

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

#### TRAVELERS TENSION

20 minute back neck and shoulder massage, 20 minute scalp massage and 20 minute foot and ankle massage. 60 minutes for \$99

### 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