

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 **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. GERARDO (OUR SPA REJUVENATION PHYSICIAN)**
- 2:00 pm **COMPLIMENTARY ACUPUNCTURE DEMONSTRATION CONSULTATION**
- 2:45 pm **SPA RAFFLE**
- 4:30 pm - 8:00 pm **COMPLIMENTARY FOOTPRINT ANALYSIS**
- 5:00 pm - 8:00 pm **COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION**

TUESDAY NASSAU

- 6:00 am **WAKE UP & STRETCH - CLASS (30 MINUTES)**
- 6:30 am **FAB ABS**
- 7:00 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**
- 9:30 am **THERMAGE SKIN TIGHTENING**
- 11:00 am **SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS**
- 11:30 am **INTRODUCTION TO ACUPUNCTURE**
- 12:00 pm **COOL SCULPTING - LOSE UNWANTED FAT - SENSES SPA**
- 2:00 pm **SECRETS TO A FLATTER STOMACH**
- 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 **NON-SURGICAL FACELIFT - SENSES SPA**
- 4:30 pm **COMPLIMENTARY GOOD FEET ANALYSIS**
- 4:30 pm **PAMPER PARTY**
- 5:00 pm - 8:00 pm **COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION**

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)

IONITHERMIE

Would you like to lose between 1-8 inches? Speed up your metabolism? Firm your muscle tone? Improve appearance of cellulite? If so, then Ionithermie is the best treatment for you!

REJUVENATION SPA

Fear No Mirror with CoolSculpting, a non-invasive fat reduction and body contouring treatment FDA proven to eliminate fat. Areas include your tummy, love handles, back, thighs and chin.

WEDNESDAY DAY AT SEA

- 6:00 am **WAKE UP & STRETCH - CLASS (30 MINUTES)**
- 6:30 am **FAB ABS**
- 7:00 am **BODY SCULPT BOOT CAMP (FEE APPLIES)**
Goofy's Sports Deck - Meet 10min before in Senses Fitness Center
- 9:00 am **TOUR DE CYCLE - Sign Up Required**
- 10:15 am **ACUPUNCTURE FOR STRESS RELIEF**
- 10:30 am **HOW TO LOOK TEN YEARS YOUNGER - SENSES SPA**
- 11:00 am **SEMINAR: DETOX FOR HEALTH + WEIGHT LOSS**
- 11:30 am **COOLSCULPTING - ONE TREATMENT FOR A SLIMMER YOU - SENSES SPA**
- 1:00 pm **THERMAGE SKIN TIGHTENING - SENSES SPA**
- 2:00 pm - 6:00 pm **COMPLIMENTARY FACE & BODY CONSULTATION - SENSES SPA**
- 2:00 pm **GOOD FEET SEMINAR: RELIEVING BACK PAIN**
with complimentary acupuncture demo
- 3:00 pm **ACUPUNCTURE: CHINESE HERBS**
with live model acupuncture demonstration
- 4:00 pm **YOGA**
- 5:00 pm **COMPLIMENTARY FOOTPRINT ANALYSIS**

THURSDAY DISNEY CASTAWAY CAY

- 6:00 am **WAKE UP & STRETCH - CLASS (30 MINUTES)**
- 6:30 am **FAB ABS**
- 7:00 am **BODY SCULPT BOOT CAMP (FEE APPLIES)**
Goofy's Sports Deck - Meet 10 min before in Senses Fitness Center
- 11:00 am **PURE YOGA ON THE BEACH - Serenity Bay**
- 3:00 pm **SEMINAR: HOW TO INCREASE YOUR METABOLISM**
- 4:00 pm - 6:00 pm **COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION**
- 4:00 pm **ACUPUNCTURE FOR WEIGHT LOSS**
- 4:30 pm **HOW TO LOOK 10 YEARS YOUNGER - SENSES SPA**
- 5:00 pm **GOOD FEET SEMINAR: WALKING IN COMFORT**

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

BODY SCULPT BOOT CAMP

- 30 Minute Workouts
- Full Body Workout
- Burn up to 700 Calories in 1 session
- Low impact/ high intensity
- \$69 for 3 sessions

(3 sessions includes a complimentary Body Composition Analysis)