

SATURDAY NEW YORK

11:30 am - 3:00 pm SPA OPEN HOUSE
Check out our latest facilities and ask about our onboard fitness classes.

- 1:00 pm ACUPUNCTURE DEMONSTRATION
- 3:00 pm SPA RAFFLE - \$500 WORTH OF PRIZES TO BE WON!
- 4:30 pm KIDS ME! BATH PEDI PARTY (FEE APPLIES)
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

SUNDAY DAY AT SEA

- 7:00 am FAB ABS
- 7:30 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 10:00 am REJUVENATION SPA SEMINAR: NON-SURGICAL FACELIFT
- 10:30 am SEMINAR: INTRODUCTION TO ACUPUNCTURE
- 11:00 am SEMINAR: SECRETS TO A FLATTER STOMACH
- 2:00 pm GOOD FEET SEMINAR: IMPROVING POSTURE
- 4:00 pm GROUP CYCLING (SIGN-UP REQUIRED)
- 4:30 pm ACUPUNCTURE SEMINAR: STRESS, INSOMIA AND DEPRESSION
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

MONDAY DAY AT SEA

- 7:00 am FAB ABS
- 7:30 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 10:00 am REJUVENATION SPA SEMINAR:
TIGHTEN, LIFT AND CONTOUR WITH THERMAGE
- 10:30 am ACUPUNCTURE: PAIN RELIEF
- 11:00 am SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS
- 4:00 pm GROUP CYCLING (SIGN-UP REQUIRED)
- 4:30 pm SEMINAR: ACUPUNCTURE - CHINESE HERBAL REMEDIES
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

TUESDAY DISNEY CASTAWAY CAY

- 7:00 am FAB ABS
- 7:30 am SUNRISE STRETCH
- 10:30 am YOGA ON THE BEACH - SERENITY BAY
- 4:30 pm ACUPUNCTURE: COMPLIMENTARY CONSULTATION
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 5:30 pm COMPLIMENTARY WALK-IN REJUVENATION CONSULTATIONS

WEDNESDAY PORT CANAVERAL

- 7:00 am FAB ABS
- 7:30 am SUNRISE STRETCH
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

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.
(Operating Hours Subject to Change)

THURSDAY DAY AT SEA

- 7:00 am FAB ABS
- 7:30 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 10:00 am REJUVENATION SPA SEMINAR:
TIGHTEN, LIFT AND CONTOUR WITH THERMAGE
- 10:30 am SEMINAR: INTRODUCTION TO ACUPUNCTURE
- 11:00 am SEMINAR: EAT MORE TO WEIGH LESS
- 2:00 pm GOOD FEET SEMINAR: RELIEVING BACK PAIN
- 4:00 pm YOGA (SIGN-UP REQUIRED)
- 4:30 pm SEMINAR: ACUPUNCTURE - ARTHRITIS SOLUTIONS
- 5:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT

FRIDAY DAY AT SEA

- 7:00 am FAB ABS
- 7:30 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 10:00 am REJUVENATION SPA SEMINAR:
HOW TO LOOK 10 YEARS YOUNGER TODAY
- 10:30 am SEMINAR: INTRODUCTION TO ACUPUNCTURE
- 11:00 am SEMINAR: BURN FAT FASTER
- 2:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT
- 4:00 pm GROUP CYCLING (SIGN-UP REQUIRED)
- 4:30 pm SEMINAR: ACUPUNCTURE - BACK PAIN SOLUTIONS
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

*EXCLUSIVE SEMINARS WITH DR. CRISTINA

7 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts
 - Full Body Workout
 - Burn up to 700 Calories in 1 Session
 - Low Impact/High Intensity
 - \$49 for 2 Sessions
 - \$79 for 4 Sessions
- (Body Sculpt Body Sculpt Boot Camp includes a complimentary Body Composition Analysis)

PERSONAL TRAINING

- Get a personalized hour sessions with our health and fitness directors onboard to insure you achieve the best results!
- Single Session (one person) \$82/1 hour
 - 3 Sessions (one person) \$246
- (Includes a complimentary Body Composition Analysis Test)

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 3 for \$99, Five for \$119 or all Eight for \$139

PAMPER PACKAGE

50 Minute Full Body Massage & 25 Minute Facial
75 Minute Pamper for \$149