

# 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.

### TUESDAY 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

3:00 pm SPA RAFFLE

4:30 pm COMPLIMENTARY FOOTPRINT ANALYSIS

5:00 pm - 8:00 pm COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION

### WEDNESDAY 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

11:00 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: CHINESE HERBS

4:00 pm - 6:00 pm COMPLIMENTARY FACE & BODY REJUVENATION CONSULTATION

4:00 pm TOUR DE CYCLE (SIGN UP REQUIRED)

5:00 pm GOOD FEET SEMINAR; WALKING IN COMFORT

### THURSDAY DAY AT SEA

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 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 COOLSCLUPTING - 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

### 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

### 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