

FRIDAY MIAMI

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

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

5:30 pm COMPLIMENTARY WALK-IN FACIAL REJUVENATION CONSULTATION

SATURDAY KEY WEST

7:00 am SUNRISE STRETCH

7:30 am FAB ABS

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

3:00 pm REJUVENATION SPA SEMINAR: HOW TO LOOK 10 YEARS YOUNGER TODAY

3:30 pm PAMPER PARTY

4:00 pm SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS

4:30 pm TONGUE AND PULSE ANALYSIS

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

SUNDAY NASSAU

7:00 am PURE FORM PILATES

8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am GROUP CYCLING (SIGN UP REQUIRED)

3:45 pm BAD HAIR DAYS NO MORE

4:00 pm SEMINAR: SECRETS TO A FLATTER STOMACH

5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

MONDAY DISNEY CASTAWAY CAY

7:00 am SUNRISE STRETCH

7:30 am BODY SCULPT BOOT CAMP (FEE APPLIES)

9:00 am ACUPUNCTURE: ARTHRITIS AND BACK PAIN SOLUTIONS

10:30 am YOGA ON BEACH - SERENITY BAY

4:00 pm SEMINAR: HOW TO INCREASE YOUR METABOLISM

4:00 pm COMPLIMENTARY WALK-IN FACIAL REJUVENATION CONSULTATION

4:30 pm ACUPUNCTURE: CHINESE HERBS

5:00 pm INCH LOSS MADE EASY WITH IONITHERMIE

TUESDAY DAY AT SEA

7:00 am PURE FORM PILATES

8:00 am GROUP CYCLING (SIGN UP REQUIRED)

9:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)

10:00 am REJUVENATION SPA SEMINAR: HOW TO LOOK 10 YEARS YOUNGER TODAY

10:00 am SEMINAR: SECRETS TO A FLATTER STOMACH (O'GILLS PUB, DECK 3, FWD)

10:30 am ACUPUNCTURE: COMPLIMENTARY CONSULTATION

2:00 pm ACUPUNCTURE: ARTHRITIS AND BACK PAIN SOLUTIONS

4:30 pm TONGUE AND PULSE ANALYSIS

5:00 pm STRETCH & RELAX

THE RAINFOREST

Relax in the Rainforest, a thermal suite with various mild steam and saunas, a Hammam and sensory experience showers. For extra sensory perfection try the Rainforest DIY Scrub Experience, a custom-designed body polish to slough away dead skin in the Rainforest experience showers.

Couples Cruise Pass \$169

Single Cruise Pass \$114

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) \$209 (Includes free Body Composition Analysis)

5 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts

- Full Body Workout

- Burn up to 700 Calories in 1 Session

- Low Impact/High Intensity

\$33 for 1 Session

\$49 for 2 Sessions (\$69 including Body Composition Analysis)

\$89 for 3 Sessions (Includes free Body Composition Analysis)

\$120 for 4 Sessions (Includes free 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 \$33.00 - 45 Minutes

IONITHERMIE

Lose between 1-8 inches? Speed up your metabolism. Firm muscle tone.

Improve appearance of cellulite.

\$155/1 session or \$388/3 sessions.

ONBOARD ACUPUNCTURE

Naturally effective for pain, arthritis, sea sickness, stress, digestion, weight loss, and much more.

\$150/session or \$550/5 sessions

ELEMIS BIOTEC

8 different Facial treatments available based on your specific concerns or needs. Technology turbo charges the concept of touch. The clinically proven result is visibly healthy, nourished and energized skin.

FITNESS CENTER - 6:00 AM - 10:00 PM

Shirts and training shoes must be worn at all times.

Fitness Center is reserved for Guests 18 & older.

(Operating Hours Subject to Change)