

SUNDAY MIAMI

- 11:30 am - 4:00 pm SPA OPEN HOUSE
Check out our latest facilities and ask about our onboard fitness classes.
- 11:30 am - 4:00 pm ACUPUNCTURE DEMONSTRATION
- 11:30 am - 4:00 pm MEET DR. OSCAR:
HOW TO LOOK 10 YEARS YOUNGER TODAY
- 3:00 pm SPA RAFFLE - \$500 WORTH OF PRIZES TO BE WON!
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

MONDAY DAY AT SEA

- 7:00 am YOGA
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am GROUP CYCLING (SIGN UP REQUIRED)
- 10:00 am SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS (KEYS)
- 10:30 am INTRODUCTION TO ACUPUNCTURE
- 11:00 am THERMAGE SKIN TIGHTENING
- 2:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT
- 3:00 pm SEMINAR: ACUPUNCTURE - PAIN RELIEF
- 4:00 pm WRINKLE REMEDIES
- 5:00 pm GOOD FEET SEMINAR: RELIEVING BACK PAIN

TUESDAY COZUMEL

- 7:00 am SUNRISE STRETCH
- 7:30 am FAB ABS
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 3:30 pm LADIES PAMPER PARTY
- 4:30 pm ACUPUNCTURE: ARTHRITIS AND BACK PAIN SOLUTIONS
- 5:00 pm TIGHTEN, LIFT AND CONTOUR WITH THERMAGE
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

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Lose between 1-8 inches? Speed up your metabolism. Firm muscle tone. Improve appearance of cellulite.
\$155/1 session or \$388/3 sessions.

REJUVENATION SPA CONSULTATIONS

Ready to enhance your natural beauty? Book your free Facial Rejuvenation consultation with our Rejuvenation Doctor at the Senses Spa.

SPA PORT DAY SPECIALS

PERFECT DAY

50 Minute Full Body Massage & 25 Minute Facial
75 Minute Pamper for \$169

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.

ONBOARD ACUPUNCTURE

Naturally effective for pain, arthritis, sea sickness, stress, digestion, weight loss, and much more.
\$150/session or \$550/5 sessions

WEDNESDAY DAY AT SEA

- 7:00 am PURE FORM PILATES
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am GROUP CYCLING (SIGN UP REQUIRED)
- 10:00 am SEMINAR: SECRETS TO A FLATTER STOMACH (KEYS)
- 10:30 am ACUPUNCTURE: CHINESE HERBS
- 11:00 am REJUVENATION SPA SEMINAR:
HOW TO LOOK 10 YEARS YOUNGER TODAY
- 12:00 pm HAIR SHOW: BAD HAIR DAYS NO MORE
- 2:00 pm GOOD FEET SEMINAR: RELIEVING BACK PAIN
- 3:00 pm ACUPUNCTURE: HERBS THAT HEAL
- 4:00 pm NON-SURGICAL FACELIFT
- 5:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT
- 6:00 pm STRETCH & RELAX

THURSDAY DISNEY CASTAWAY CAY

- 7:00 am SUNRISE STRETCH
- 7:30 am FAB ABS
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am COMPLIMENTARY FOOTPRINT ANALYSIS
- 10:30 am YOGA ON THE BEACH - SERENITY BAY
- 3:00 pm COMPLIMENTARY WALK-IN FACIAL
REJUVENATION CONSULTATION
- 4:00 pm SEMINAR: BURN FAT FASTER
- 4:30 pm TONGUE & PULSE ANALYSIS
- 5:00 pm GOOD FEET SEMINAR: RELIEVING BACK PAIN

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)

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)

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)

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