

SATURDAY PORT CANAVERAL

12:00 pm - 3:00 pm SPA OPEN HOUSE

Check out our latest facilities and ask about our onboard fitness classes.

- 2:00 pm COMPLIMENTARY WALK-IN REJUVINATION CONSULTATIONS - SENSES SPA
- 3:15 pm SPA RAFFLE - \$500 WORTH OF SPA PRIZES TO BE WON
- 4:30 pm KIDS ME! BATH PEDI PARTY (FEE APPLIES)
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

SUNDAY DAY AT SEA

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:30 am ACUPUNCTURE SEMINAR: INTRO TO ACUPUNCTURE - SENSES SPA
- 10:00 am FAB ABS - SENSES FITNESS CENTER
- 10:30 am SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS - SENSES FITNESS CENTER
- 11:30 pm TIGHTEN, LIFT AND CONTOUR WITH THERMAGE - SENSES SPA
- 1:30 pm ACUPUNCTURE SEMINAR: ARTHRITIS AND BACK PAIN SOLUTIONS - SENSES SPA
- 2:00 pm GOOD FEET: WALKING IN COMFORT & RELIEVING BACK PAIN - SENSES FITNESS CENTER
- 2:45 pm TOUR DE CYCLE - (SIGN UP THE DAY BEFORE AT 5:30 PM)
- 3:00 pm COOL SCULPTING: LOSE UNWANTED FAT WITH COOL SCULPTING - SENSES SPA
- 3:30 pm SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS - SENSES FITNESS CENTER
- 5:00 pm COMPLIMENTARY WALK-IN FOOTPRINT & POSTURE ANALYSIS - SENSES SPA

MONDAY COZUMEL

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 pm FAB ABS - SENSES FITNESS CENTER
- 4:00 pm YOGA - SENSES FITNESS CENTER
- 4:15 pm SEMINAR: HOW TO LOOK 10 YEARS YOUNGER - SENSES SPA
- 4:30 pm ACUPUNCTURE SEMINAR: DIGESTIVE MANAGEMENT - SENSES SPA
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

TUESDAY GRAND CAYMAN

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am FAB ABS - SENSES FITNESS CENTRE
- 9:30 am SECRETS TO A FLATTER STOMACH - SENSES SPA
- 10:00 am ACUPUNCTURE SEMINAR: INSOMNIA & STRESS RELIEF - SENSES SPA
- 11:00 am PURE FORM PILATES - SENSES FITNESS CENTRE
- 10:30 am WRINKLE REMEDIES - SENSES SPA
- 4:00 pm SEMINAR: BURN FAT FASTER - SENSES FITNESS CENTER
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

WEDNESDAY FALMOUTH

- 7:00 am FAB ABS - DONALD'S POOL
- 8:00 am STRETCH AND RELAX - SENSES FITNESS CENTRE
- 4:00 pm ACUPUNCTURE SEMINAR: DIGESTIVE MANAGEMENT - SENSES SPA
- 4:15 pm SEMINAR: HOW TO LOOK 10 YEARS YOUNGER - SENSES SPA
- 4:30 pm PURE FORM PILATES - SENSES FITNESS CENTRE
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

THURSDAY DAY AT SEA

- 7:00 am YOGA - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:30 am ACUPUNCTURE SEMINAR: INTRO TO ACUPUNCTURE - SENSES SPA
- 10:00 am FAB ABS - SENSES FITNESS CENTER
- 10:30 am SEMINAR: HOW TO INCREASE YOUR METABOLISM - SENSES SPA
- 11:30 am COOLSCULPTING: ONE TREATMENT FOR A SLIMMER YOU - SENSES SPA
- 1:30 pm ACUPUNCTURE SEMINAR: INSOMNIA & STRESS RELIEF - SENSES SPA
- 2:00 pm GOOD FEET: WALKING IN COMFORT & RELIEVING BACK PAIN - SENSES FITNESS CENTER
- 2:45 pm TOUR DE CYCLE - (SIGN UP THE DAY BEFORE AT 5:30 PM)
- 3:00 pm THERMAGE: TIGHTEN ,LIFT & CONTOUR WITH THERMAGE - SENSES SPA
- 3:30 pm SEMINAR: HOW TO INCREASE YOUR METABOLISM - SENSES SPA
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

FRIDAY CASTAWAY CAY

- 7:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 7:45 am SUNRISE STRETCH - SENSES FITNESS CENTER
- 8:15 am FAB ABS - SENSES FITNESS CENTER
- 8:30 am SECRETS TO A FLATTER STOMACH - SENSES SPA
- 11:00 am YOGA ON THE BEACH - SERENITY BAY CABANA RECEPTION
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

* REJUVENATION CONSULTATIONS WITH DR. GERSON

In just minutes, we can help you look more rested, refreshed and youthful.
Book your consultation today for a complimentary skin analysis!

BOOT CAMP

30 minute workout, Burn up to 700 calories in 1 session
Full Body workout- low impact/ High intensity
4 sessions - 120.00
(session includes a FREE Body Composition Analysis)

POSTURE & FOOTPRINT ANALYSIS

Find out why looking after your feet are so important to managing any pain and can give you the greatest comfort while living a more active lifestyle. Come in for a 15 minute complimentary Foot Print Analysis with our Good Feet Specialists.

BODY COMPOSITION ANALYSIS

Measures metabolic rate, toxin and fluid retention levels, muscle mass, body fat %.
Includes a lifestyle consultation.
45 minutes - 33.00