

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
- 3:00 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 YOGA - DONALD'S POOL (SIGN UP REQUIRED)
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:30 am ACUPUNCTURE SEMINAR: INTRO TO ACUPUNCTURE - SENSES SPA
- 10:00 am TOUR DE CYCLE - (SIGN UP THE DAY BEFORE AT 5:30 PM)
- 11:00 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
- 3:00 pm GO SMILE TEETH WHITENING SEMINAR - SENSES SPA
- 3:00 pm COOL SCULPTING: LOSE UNWANTED FAT WITH COOL SCULPTING - SENSES SPA
- 5:00 pm STRETCH & RELAX - SENSES FITNESS CENTER
- 5:15 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

MONDAY COZUMEL

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 4:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA
- 4:15 pm SEMINAR: HOW TO LOOK 10 YEARS YOUNGER - SENSES SPA
- 4:30 pm ACUPUNCTURE SEMINAR: PAIN & STRESS RELIEF - SENSES SPA
- 5:00 pm TOTAL BODY CONDITIONING - SENSES FITNESS CENTER

TUESDAY GRAND CAYMAN

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 10:00 am ACUPUNCTURE SEMINAR: CHINESE HERBS - SENSES SPA
- 10:15 am HAIR SHOW: BAD HAIR DAYS NO MORE - SENSES SPA
- 10:30 am WRINKLE REMEDIES - SENSES SPA
- 4:00 pm SEMINAR: EAT MORE TO WEIGH LESS - SENSES SPA
- 5:00 pm PURE FORM PILATES - SENSES FITNESS CENTER

* 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!

WEDNESDAY FALMOUTH

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 3:00 pm GO SMILE TEETH WHITENING SEMINAR - SENSES SPA
- 3:30 pm INCH LOSS MADE EASY WITH IONITHERMI - SENSES SPA
- 3:45 pm ACUPUNCTURE SEMINAR FOR INSOMNIA & STRESS - SENSES SPA
- 4:00 pm SKIN SOLUTIONS WITH BIOTEC - SENSES SPA
- 4:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA
- 4:15 pm SEMINAR: HOW TO LOOK 10 YEARS YOUNGER - SENSES SPA
- 4:30 pm BEAUTY SEMINAR: PREVENTING PUFFY EYES - SENSES SPA
- 5:00 pm TOTAL BODY CONDITIONING - SENSES FITNESS CENTER

THURSDAY DAY AT SEA

- 7:00 am YOGA - DONALD'S POOL (SIGN UP REQUIRED)
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:30 am ACUPUNCTURE SEMINAR: ARTHRITIS AND BACK PAIN SOLUTIONS - SENSES SPA
- 10:00 am GO SMILE TEETH WHITENING SEMINAR - SENSES SPA
- 10:00 am TOUR DE CYCLE - (SIGN UP THE DAY BEFORE AT 5:30 PM)
- 11:00 am SECRETS TO A FLATTER STOMACH - SENSES FITNESS CENTER
- 11:30 am COOLSCULPTING: ONE TREATMENT FOR A SUMMER YOU - SENSES SPA
- 1:30 pm ACUPUNCTURE SEMINAR: WONDERS OF ACUPUNCTURE - SENSES SPA
- 2:00 pm GOOD FEET: WALKING IN COMFORT & RELIEVING BACK PAIN - SENSES FITNESS CENTER
- 3:00 pm THERMAGE: TIGHTEN, LIFT & CONTOUR WITH THERMAGE - SENSES SPA
- 5:00 pm STRETCH & RELAX - SENSES FITNESS CENTER
- 5:15 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

FRIDAY CASTAWAY CAY

- 7:00 am SUNRISE STRETCH - DONALD'S POOL
- 7:30 am FAB ABS - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 11:00 am YOGA ON THE BEACH - SERENITY BAY CABANA RECEPTION
- 4:30 pm ACUPUNCTURE SEMINAR: CHINESE HERBS - SENSES SPA
- 5:00 pm COMPLIMENTARY WALK-IN POSTURE & FOOTPRINT ANALYSIS - SENSES SPA

BOOT CAMP

30 minute workout, Burn up to 700 calories in 1 session

Full Body workout- low impact/ High intensity

4 sessions - 79.00

2 sessions - 49.00

(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