



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

Shirts and training shoes must be worn at all times. Fitness Center is for Guests 14 years of age and older. Guests between the ages of 14 and 17 must be accompanied by an adult or guardian to enter. (Operating hours are subject to change)



## PERSONAL TRAINING

Get a personalized training session with our health and fitness instructors onboard to insure you achieve the best results!

- Single Session (one person) \$82/1 hour
- 3 Sessions (one person) \$209  
(Includes a complimentary Body Composition Analysis Test)
- 6 sessions (one person) \$373



## 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
- \$49 for 2 sessions
- \$69 for 3 sessions (Includes free Body Composition Analysis)
- \$79 for 4 sessions (Includes free Body Composition Analysis)



## IONITHERMIE

Lose between 1-8 inches. Speed up your metabolism. Firm muscle tone. Improve appearance of cellulite.

- \$155 for 1 session
- \$299 for 3 sessions



## ONBOARD ACUPUNCTURE

Acupuncture is a safe and effective medicine that allows your body to heal itself, and is effective for various health conditions. See your onboard Acupuncturist for your free consultation.

- \$150 for 1 session
- \$360 for 3 sessions
- \$550 for 5 sessions
- \$770 for 7 sessions



## 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



## REJUVENATION SPA CONSULTATIONS

Ready to enhance your natural beauty? Book your free Facial Rejuvenation consultation with our Rejuvenation Doctor at Senses Spa, Deck 9, Forward.



## RAINFOREST

Warm Ceramic Loungers, Mild Steam Room, Aromatic Steam Room & Tropical Rain Showers. Please ask in the Sense Spa for package options including couples specials.



## BIOTEC FACIALS

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.



## GOSMILE TEETH WHITENING

Learn about our amazing onboard GO Smile teeth whitening service. Lift the shade of your teeth from 1-6 shades.

- \$199 for 1 person
- \$258 Couples Special



## SPA PORT DAY SPECIALS

### PERFECT DAY

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

### SPA TOPIA BAMBOO

- 75 Minute Bamboo Massage for \$169  
(Save \$30)

### SPA TOPIA STONES

- 75 Minute Aroma Stone Massage for \$169  
(Save \$26)



## MEN'S GROOMING SHAVE TREATMENT

Looking for a smooth shave? Our onboard barber shop offers a full range of haircut and styling services to cater to a man's every grooming need.



## KERATIN HAIR SMOOTHING TREATMENT

Say goodbye to frizz in just one hour with this revitalizing and rejuvenating treatment for the hair—it eliminates 95% of the frizz and lasts for up to 6 weeks.

## FITNESS SCHEDULE

Opening Hours: 6:00 am - 10:00 pm Shirts and training shoes must be worn at all times. Phone 7-1465.  
Spa facility is reserved for Guests over 18 years of age. All exercise classes are 30 minutes in length, except as noted.

### MONDAY VANCOUVER

GYM HOURS	
11:30 am - 10:00 pm	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 workout program for you.
11:30 am - 3:30 pm	SPA OPEN HOUSE
1:00 pm - 3:30 pm	ACUPUNCTURE DEMONSTRATION
1:00 pm - 3:30 pm	MEET DR. DALWEEN - HOW TO LOOK TEN YEARS YOUNGER TODAY
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 - 6:00 pm	COMPLIMENTARY WALK-IN REJUVENATION CONSULTATIONS
5:00 pm	SEMINAR: GOOD FEET: WALKING IN COMFORT

### TUESDAY DAY AT SEA

7:00 am	SUNRISE STRETCH
7:30 am	FAB ABS
8:00 am	YOGA (SIGN UP REQUIRED)
9:00 am	GROUP CYCLING (SIGN UP REQUIRED)
10:00 am	BODY SCULP BOOT CAMP (FEE APPLIES)
10:00 am	SEMINAR: COOLSCULPTING - ONE TREATMENT FOR A SLIMMER YOU
10:15 am	INTRODUCTION TO ACUPUNCTURE
11:00 am	SEMINAR: HOW TO INCREASE YOUR METABOLISM
2:00 pm	SEMINAR: GOOD FEET - WALKING IN COMFORT
3:15 pm	ACUPUNCTURE: ARTHRITIS AND BACK PAIN SOLUTIONS
4:00 pm	THERMAGE SKIN TIGHTENING
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS

### WEDNESDAY ICY STRAIT POINT

7:00 am	SUNRISE STRETCH
7:30 am	FAB ABS
8:00 am	YOGA (SIGN UP REQUIRED)
9:00 am	GROUP CYCLING (SIGN UP REQUIRED)
10:00 am	BODY SCULP BOOT CAMP (FEE APPLIES)
10:00 am	TIGHTEN, LIFT AND CONTOUR WITH THERMAGE
10:15 am	ACUPUNCTURE: ARTHRITIS & BACK PAIN SOLUTIONS
11:00 am	SEMINAR: SECRETS TO A FLATTER STOMACH
12:00 pm	SEMINAR: GOOD FEET - WALKING IN COMFORT
3:15 pm	ACUPUNCTURE: PAIN & STRESS RELIEF
4:00 pm	SEMINAR: WRINKLE REMEDIES
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS

### THURSDAY SKAGWAY

7:00 am	SUNRISE STRETCH
7:30 am	FAB ABS
8:00 am	BODY SCULP BOOT CAMP (FEE APPLIES)
10:00 am	SEMINAR: HOW TO LOOK TEN YEARS YOUNGER TODAY
10:30 am	SEMINAR: ACUPUNCTURE FOR WEIGHT LOSS
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS

### FRIDAY JUNEAU/ DAWES GLACIER

7:00 am	STRETCH & RELAX
7:30 am	FAB ABS
8:15 am	BODY SCULP BOOT CAMP (FEE APPLIES)
4:00 pm	LOSE UNWANTED FAT WITH COOLSCULPTING
4:30 pm	SEMINAR: ACUPUNCTURE BACK PAIN SOLUTIONS
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS
5:00 pm	SEMINAR: GOOD FEET: IMPROVING POSTURE

### SATURDAY KETCHIKAN

7:00 am	STRETCH & RELAX
7:30 am	FAB ABS
8:00 am	BODY SCULP BOOT CAMP (FEE APPLIES)
9:00 am	SEMINAR: BURN FAT FASTER
9:30 am	LADIES PAMPER PARTY
10:00 am	SEMINAR: WRINKLE REMEDIES
10:15 am	SEMINAR: ACUPUNCTURE PAIN RELIEF
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS

### SUNDAY DAY AT SEA

7:00 am	SUNRISE STRETCH
7:30 am	FAB ABS
8:00 am	YOGA (SIGN UP REQUIRED)
9:00 am	GROUP CYCLING (SIGN UP REQUIRED)
10:00 am	BODY SCULP BOOT CAMP (FEE APPLIES)
10:00 am	COMPLIMENTARY WALK-IN COOLSCULPTING CONSULTATIONS
10:15 am	SEMINAR: CHINESE HERBAL REMEDIES
11:00 am	SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS
11:30 am	HAIRSHOW: BAD HAIR DAYS NO MORE
2:00 pm	SEMINAR: GOOD FEET - IMPROVING POSTURE
3:15 pm	SEMINAR: CHINESE HERBS
4:00 pm	SEMINAR: HOW TO LOOK TEN YEARS YOUNGER TODAY
5:00 pm	COMPLIMENTARY FOOTPRINT ANALYSIS

Rejuvenation Spa Seminar  
with Dr. Dalween Kaur, M.D.