

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)

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 \$39.00 - 45 Minutes

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) \$89/1 hour
- 3 Sessions (one person) \$219 (save \$37) (Incl. free Body Composition Analysis)

IONITHERMIE

Lose between 1-8 inches? Speed up your metabolism. Firm muscle tone. Improve appearance of cellulite.
\$149/1 session or \$299/3 sessions.

10 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts
 - Full Body Workout
 - Burn up to 700 Calories in 1 Session
 - Low Impact/High Intensity
- \$39 for 1 Session
\$69 for 2 Session
\$119 for 3 Session

ONBOARD ACUPUNCTURE

Naturally effective for pain, arthritis, sea sickness, stress, digestion, weight loss, and much more. \$169 per session

THE RAINFOREST

Tropical showers, warm ceramic lounges, hammam - mild steam room & aromatic steam room.
\$319 / couples Cruise pass
\$189 / single Cruise pass

REJUVINATION SPA CONSULTATIONS

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

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.

GO SMILE TEETH WHITENING

Safe and effective teeth whitening that will quickly take your smile from dull to dazzling.
\$199 / 1 person
\$259 / couples special

Tone. En Forma. Fitness.
Forma. Fitness. De remise en forme.

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)

timeto spa

THURSDAY COPENHAGEN

- 11:30 am - 4:00 pm SPA OPEN HOUSE
Check out our latest facilities and ask about our onboard fitness classes.
- 1:30 pm ACUPUNCTURE DEMONSTRATIONS WITH JINJIE
- 2:00 pm MEET DR. ALEJANDRA FOR REJUVENATION CONSULTATIONS
- 3:15 pm SPA RAFFLE - \$500 WORTH OF PRIZES TO BE WON!
- 4:45 pm KIDS & TEENS MEIBATH PEDI PARTY (BOOKINGS REQUIRED)
- 5:00 pm - 7:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS

FRIDAY AT SEA

- 7:00 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am TOUR DE CYCLE (SIGN-UP REQUIRED)
- 10:00 am LOSE UNWANTED FAT WITH COOL SCULPTING
- 10:30 am INTRODUCTION TO ACUPUNCTURE
- 11:00 am DETOX FOR HEALTH AND WEIGHT LOSS (FITNESS CENTER)
- 1:30 pm SEMINAR: INTRODUCTION TO ACUPUNCTURE
- 3:00 pm SEMINAR: TIGHTEN, LIFT & CONTOUR WITH THERMAGE
- 5:30 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 6:00 pm TOTAL BODY CONDITIONING

SATURDAY TALLINN (10:30-17:30)

- 7:00 am PILATES
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am TOUR DE CYCLE (SIGN-UP REQUIRED)
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 5:00 pm PAIN MANAGEMENT WITH ACUPUNCTURE
- 5:30 pm BIOTECH: RECHARGE YOUR SKIN SEMINAR
- 6:00 pm COMPLIMENTARY WALK IN FACIAL REJUVENATION CONSULTATION

SUNDAY ST PETERSBURG (OVERNIGHT)

- 7:00 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 10:00 am GOOD FEET SEMINAR: WALKING IN COMFORT
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 6:00 pm TOTAL BODY CONDITIONING

MONDAY ST PETERSBURG (18:00)

- 7:00 am YOGA (SIGN-UP REQUIRED)
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 2:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 5:00 pm ACUPUNCTURE COMPLIMENTARY CONSULTATIONS
- 5:00 pm COMPLIMENTARY WALK IN FACIAL REJUVENATION CONSULTATION
- 5:30 pm ACUPUNCTURE FOR WEIGHT LOSS
- 6:00 pm TOTAL BODY CONDITIONING

TUESDAY HELSINKI (8:30-16:45)

- 6:30 am FAB ABS CLASS
- 7:00 am PILATES (SIGN-UP REQUIRED)
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 5:00 pm ACUPUNCTURE: STRESS MANAGEMENT
- 5:00 pm THERMAGE SKIN TIGHTENING
- 6:00 pm YOGA (SIGN-UP REQUIRED)

WEDNESDAY STOCKHOLM (8:30-16:45)

- 7:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 8:00 am PILATES
- 10:00 am COMPLIMENTARY FOOTPRINT ANALYSIS
- 2:00 pm WALK IN COMFORT SEMINAR
- 5:30 pm PAIN MANAGEMENT WITH ACUPUNCTURE
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 5:15 pm COMPLIMENTARY WALK IN REJUVENATION CLINIC
- 6:00 pm TOTAL BODY CONDITIONING

THURSDAY AT SEA

- 7:00 am SUNRISE STRETCH
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am TOUR DE CYCLE (SIGN-UP REQUIRED)
- 10:30 am WALK IN ACUPUNCTURE CONSULTATIONS
- 10:30 am COOL SCULPTING: ONE TREATMENT FOR A SLIMMER YOU
- 11:00 am DETOX FOR HEALTH AND WEIGHT LOSS (FITNESS CENTER)
- 3:00 pm NON-SURGICAL FACELIFT
- 5:30 pm COMPLIMENTARY FOOTPRINT ANALYSIS

FRIDAY FREDERICIA (7:00-15:00)

- 7:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 8:00 am YOGA (SIGN-UP REQUIRED)
- 3:00 pm HOW TO LOOK TEN YEARS YOUNGER
- 3:30 pm ACUPUNCTURE: CHINESE HERBS
- 4:00 pm AFTERNOON STRETCH
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS
- 5:30 pm BIOTECH: RECHARGE YOUR SKIN SEMINAR
- 6:00 pm TOTAL BODY CONDITIONING

SATURDAY AT SEA

- 7:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 8:00 am YOGA (SIGN-UP REQUIRED)
- 10:00 am SECRETS TO A FLATTER STOMACH
- 10:30 am BACK PAIN, ARTHRITIS WITH ACUPUNCTURE
- 11:00 am WRINKLE REMEDIES
- 2:00 pm GOOD FEET SEMINAR: WALKING IN COMFORT
- 3:30 pm ACUPUNCTURE COMPLIMENTARY CONSULTATIONS
- 4:00 pm GO HOME LOOKING 10 YEARS YOUNGER
- 4:30 pm TOUR DE CYCLE (SIGN-UP REQUIRED)
- 5:00 pm COMPLIMENTARY FOOTPRINT ANALYSIS