



4 DAY FITNESS CLASS

Port Canaveral

11:45 - 3:30 pm Open House
 3:00 pm Spa Raffle
 5:00 pm Complimentary Footprint Analysis

Nassau

7:00 am Wake Up Stretch (Donald Pool)
 7:30 am Fab Abs (Donald Pool)
 8:00 am Body Sculpt Bootcamp (Fee Applies)
 9:00 am Tour de Cycle (Sign-up Required)
 2:00 pm SEMINAR: Good Feet - Walking in Comfort
 3:00 pm SEMINAR: Detox for Health & Weight Loss
 5:00 pm Complimentary Footprint Analysis

Disney Castaway Cay

7:00 am Wake Up Stretch (Donald Pool)
 7:30 am Fab Abs (Donald Pool)
 8:00 am Body Sculpt Bootcamp (Fee Applies)
 11:00 am Yoga on the Beach
 5:00 pm Complimentary Foot Print Analysis

Day at Sea

7:00 am Wake Up Stretch (Donald Pool)
 7:30 am Fab Abs (Donald Pool)
 8:00 am Body Sculpt Bootcamp (Fee Applies)
 9:00 am Tour de Cycle (Sign-up Required)
 11:00 am SEMINAR: Secrets to a Flatter Stomach
 2:00 pm SEMINAR: Good Feet - Relieving Back Pain
 5:00 pm Complimentary Footprint Analysis

4 DAY SEMINAR SCHEDULE

Port Canaveral

11:45 - 3:30pm Open House
 1:00 - 3:30 pm Meet Your Rejuvenation Doctor - Dr. Katherine
 1:00 - 3:30 pm Acupuncture Demonstration
 4:30 - 7:30 pm Kids and Teens Me bath Pedi Party (Fee Applies)
 5:00 - 7:30 pm Complimentary Face & Body Rejuvenation Consultations

Nassau

9:15 am SEMINAR: Introduction to Acupuncture
 9:30 am SEMINAR: How to Look 10 Years Younger
 11:00 am Hair Show: Bad Hair Days No More
 11:30 am CoolSculpting - One Treatment for a Slimmer You
 2:00 pm SEMINAR: Sunglow Makeover
 3:15 pm SEMINAR: Acupuncture for Pain Management
 4:00 pm SEMINAR: Tighten, Lift & Contour with Thermage
 4:30 pm Ladies Pamper Party (Sign-up Required)
 5:00 - 8:00 pm Complimentary Face & Body Rejuvenation Consultations

Disney Castaway Cay

4:00 pm SEMINAR: Non-Surgical Facelift
 4:15 pm SEMINAR: Acupuncture for Weight Loss
 4:30 - 7:00 pm Complimentary Face & Body Rejuvenation Consultations

Day at Sea

10:15 am SEMINAR: Chinese Herbal Remedies
 10:30 am SEMINAR: Tighten, Lift & Contour with Thermage
 11:30 am SEMINAR: CoolSculpting - One Treatment for a Slimmer You
 3:15 pm SEMINAR: Herbs that Heal
 4:00 pm SEMINAR: Go Home Looking 10 Years Younger
 4:30 - 7:00 pm Complimentary Face & Body Rejuvenation Consultations

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 per person - 45 Minutes

CABANA MASSAGE, CASTAWAY CAY

Enjoy a massage at Serenity Bay side-by-side or by yourself overlooking the blue waters of the Bahamas.
 Swedish Massage (per person) - 50 minutes \$129
 Deep Tissue Massage(per person) - 50 minutes \$159
 Bamboo Massage (per person) - 50 minutes \$169

PERSONAL TRAINING

Get a personalized hour session with our health and fitness instructors onboard to ensure you achieve the best results!
 - Single session (One Person) \$89/1 hour
 - 3 sessions (One Person) \$219 (includes a complimentary Body Composition Analysis)

BODY SCULPT 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 sessions and \$119 for 3 sessions
 (3 sessions includes a complimentary Body Composition Analysis)