

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 REJUVENATION 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 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)
- 9:00 am TOUR DE CYCLE (SIGN UP THE DAY BEFORE AT 5:30 PM)
- 9:30 am ACUPUNCTURE: ARTHRITIS AND BACK PAIN SOLUTIONS - SENSES SPA
- 10:00am GOOD FEET: RELIEVING BACK PAIN - SENSES FITNESS CENTER
- 11:00 am SECRETS TO A FLATTER STOMACH - SENSES SPA
- 11:30 am TIGHTEN, LIFT & CONTOUR WITH THERMAGE - SENSES SPA
- 1:30 pm INTRODUCTION TO ACUPUNCTURE - SENSES SPA
- 2:00 pm GOOD FEET: WALKING IN COMFORT - SENSES FITNESS CENTER
- 3:00 pm COOL SCULPTING: LOSE UNWANTED FAT WITH COOL SCULPTING - SENSES SPA
- 5:00 pm STRETCH & RELAX - SENSES SPA

MONDAY COZUMEL

- 7:00 am FAB ABS - DONALD'S POOL
- 7:30 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS - SENSES SPA
- 4:00 pm GOOD FEET: WALKING IN COMFORT - SENSES FITNESS CENTER
- 4:00 pm TIGHTEN, LIFT & CONTOUR WITH THERMAGE - SENSES SPA
- 4:30 pm ACUPUNCTURE: BACK PAIN SOLUTIONS - SENSES SPA
- 5:00 pm STRETCH & RELAX - SENSES SPA

TUESDAY GRAND CAYMAN

- 7:00 am FAB ABS - DONALD'S POOL
- 7:30 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 8:30 am ACUPUNCTURE: ARTHRITIS SOLUTIONS - SENSES SPA
- 9:00 am TOUR DE CYCLE (SIGN UP THE DAY BEFORE AT 5:30 PM)
- 9:00 am HAIR SHOW
- 9:15 AM COOLSCULPTING: ONE TREATMENT FOR A SLIMMER YOU
- 9:30 am LADIES PAMPER PARTY - SENSES SPA
- 10:30 am GOOD FEET: RELIEVING BACK PAIN - SENSES SPA
- 4:00 pm COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS - SENSES SPA
- 5:00 pm PATHWAY TO PILATES - SENSES SPA

* REJUVENATION CONSULTATIONS WITH DR. LUISA

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 FAB ABS - DONALD'S POOL
- 7:30 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 9:00 am GOOD FEET: RELIEVING BACK PAIN - SENSES FITNESS CENTER
- 4:00 pm COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS - SENSES SPA
- 4:30 pm ACUPUNCTURE: PAIN RELIEF - SENSES SPA
- 4:15 pm HOW TO LOOK 10 YEARS YOUNGER TODAY - SENSES SPA
- 5:00 pm PATHWAY TO PILATES - SENSES SPA

THURSDAY DAY AT SEA

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

FRIDAY CASTAWAY CAY

- 7:00 am FAB ABS - DONALD'S POOL
- 7:30 am SUNRISE STRETCH - DONALD'S POOL
- 8:00 am BODY SCULPT BOOT CAMP (FEE APPLIES)
- 11:00 am YOGA ON THE BEACH - SERENITY BAY CABANA RECEPTION
- 5:00 pm COMPLIMENTARY WALK-IN 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 - 119.00
 2 sessions - 69.00
 (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 - 39.00