

Spa Carnival Fitness Classes and Seminar Schedule

Fitness Center hours: 6:00am - 8:00pm/10:00pm on port days.

Shirts and training shoes must be worn at all times.

Please register for exercise classes in advance in the gymnasium on Deck 9 Fwd

May 4th – Sea Day

7:00am Sunrise Stretch Class
 7:30am Aerobics Class
 8:00am Pathway to YOGA (\$12 fee)
 9:00am Core Conditioning PILATES (\$12 fee)
 11.00am **SEMINAR: SECRETS TO A FLATTER STOMACH**
 2.00pm **SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS**
 4.00pm Indoor Cycling Class (\$12 fee)
 5.00pm Abs Class

May 5th - Sea Day

7:00am Sunrise Stretch Class
 7:30am Aerobics Class
 8:00am Pathway to YOGA (\$12 fee)
 9:00am Core Conditioning PILATES (\$12 fee)
 11.00am **SEMINAR: BURN FAT FASTER**
 2.00pm **SEMINAR: EAT MORE TO WEIGH LESS**
 4.00pm Indoor Cycling Class (\$12 fee)
 5.00pm Abs Class

May 6th – Port Canaveral (7:00am-7:00pm)

7:00am Sunrise Stretch Class
 7.30am Body Conditioning Class
 7.00pm Core Conditioning Pilates Class (\$12 fee)

May 7th - Nassau (11:00am-10:00pm)

7:00am Sunrise Stretch Class
 7.30am Aerobics Class
 8:00am Pathway to YOGA (\$12 fee)
 9.00am Core Conditioning PILATES (\$12 fee)

May 8th – Freeport (7:00am-2:00pm)

7:00am Sunrise Stretch Class
 7.30am Aerobics Class
 4.00pm Indoor Cycling Class (\$12 fee)

May 9th - Sea Day

7:00am Sunrise Stretch Class
 7.30am Aerobics Class
 8:00am Pathway to YOGA (\$12 fee)
 9.00am Core Conditioning PILATES (\$12 fee)
 10.00am **SEMINAR: SECRETS TO A FLATTER STOMACH**
 2.00pm **SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS**
 4.00pm Indoor Cycling Class (\$12 fee)
 5.00pm Abs Class

\$30 FITNESS CLASS PASS SPECIAL
BOOK YOUR COURSE OF 3 CLASSES FOR
ONLY \$10 PER CLASS

Fitness Menu of Services

Personal Training

Get a specific program for yourself and your goals and start exercising correctly today. Get motivated and improve your current regime. Whether you've never worked out before, reached a plateau in your training, want to lose weight or tone up, our internationally acclaimed Personal Trainers will educate and help you obtain the results you deserve.

1 x PT Session	\$85.00
3 x PT Sessions	\$209.00 (SAVE - \$46.00)

Zone Nutrition Program.....\$85

Are you frustrated by the lack of results with your fitness plan and blaming it on poor nutrition and the ageing process? Then you need to book in for this complete personalized Nutrition consultation and turn back the hands of time. Included is a free Body Composition Detoxification Analysis to establish the key areas where your body is breaking down.

Body Composition Analysis.....\$35

Are you not getting 100% results from your exercise?
 Did you hit a plateau stage with your weight?
 Feeling bloated and tired more and more?
 When are you going to get off blood pressure and cholesterol medication?

HOW TOXIC ARE YOU?

Remember a healthy man has 1000 wishes! A sick man has only 1!
 Which one do you want be?

Book this test with your personal trainer Dragan or Anthony and find out what you need to do before it's too late!!!

TRY THESE SIGNATURE BODY TREATMENTS...

Elemis Aroma Stone Therapy Traditional massage is already the ultimate form of relaxation, but when combined with the penetrating heat of volcanic basalt stones placed on key energy points of your body, you will drift into a world of pure bliss.

Ionithermie Cellulite Reduction Program This revolutionary therapy reduces the appearance of cellulite, detoxifies the body and offers substantial inch loss (between 1-8 inches) in just one session.

Elemis Aroma Spa Ocean Wrap with Massage A heated seaweed mask with a warm blend of essential oils is applied to your body before you are cocooned in a warm wrap. This treatment is ideal for sore muscles, tension, stress, poor circulation, arthritis, or cellulite.