



## Fitness Schedule

Fitness Center – Gymnasium, Deck 10 – Open Daily 6:00am – 11:00pm

**Day 1 Fort Lauderdale - Embarkation Day**  
 12 Noon – 8:00pm Meet your Personal Trainers  
 Ricky & Peter. Learn about the entire range  
 of Fitness Classes and complimentary  
 health seminars

**Day 2 At Sea 1**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 8:00am Indoor Cycling\*\*\*  
 9:00am Pathway to Yoga\*\*\*  
 10:00am **CS: Detox for Health and Weight Loss**  
 2:00pm **CS: Secrets to a Flatter Stomach**  
 3:00pm Pilates\*\*\*  
 4:00pm Boot Camp\*\*\*

**Day 3 At Sea – Day 2**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 8:00am Indoor Cycling\*\*\*  
 9:00am Pathway to Yoga\*\*\*  
 10:00am **CS: Eat More to Weight Less**  
 2:00pm **CS: Burn Fat Fast**  
 3:00pm Pilates\*\*\*  
 4:00pm Boot Camp\*\*\*

**Day 4 Philipsburg, St. Maarten**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Indoor Cycling\*\*\*

**Day 5 Antigua**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Body Conditioning

**Day 6 St. Lucia**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Pathway to Yoga\*\*\*

**Day 7 Barbados**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Body Conditioning

**Day 8 Grenada**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 3:00pm Indoor Cycling\*\*\*

**Day 9 At Sea – Day 3**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 8:00am Indoor Cycling\*\*\*  
 9:00am Pathway to Yoga\*\*\*  
 10:00am **CS: How to Boost Your Metabolism**  
 2:00pm **CS: Eat More to Weigh Less**  
 3:00pm Pilates\*\*\*  
 4:00pm Boot Camp\*\*\*

**Day 10 Curaçao**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Indoor Cycling\*\*\*

**Day 11 Aruba**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Indoor Cycling\*\*\*

**Day 12 Bonaire**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 4:00pm Pathway to Yoga\*\*\*

**Day 13 At Sea – Day 4**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 8:00am Indoor Cycling\*\*\*  
 9:00am Pathway to Yoga\*\*\*  
 10:00am **CS: Burn Fat Fast**  
 2:00pm **CS: How to Boost Your Metabolism**  
 3:00pm Pilates\*\*\*  
 4:00pm Boot Camp\*\*\*

**Day 14 At Sea – Day 5**  
 7:00am Freshly Squeezed Morning Stretch  
 7:30am Fab Abs Class  
 8:00am Indoor Cycling\*\*\*  
 9:00am Pathway to Yoga\*\*\*  
 10:00am **CS: Detox for Health and Weight Loss**  
 2:00pm **CS: Secrets to a Flatter Stomach**

Complimentary Classes 30 Minutes  
 AquaSpa® Specialty Classes 45 Minutes \*\*\*Charge of \$12

Class Package \$48  
 Pay for any 4 Mixed Payable Classes  
 and receive the 5th Class for Free.  
 Please sign-up in advance for these classes.

CS: Complimentary Seminar

For further information, visit the AquaSpa®, Deck 10 or call extension 4751