

# Fitness Schedule

## Monday 14<sup>th</sup>

12.00pm

### Fort Lauderdale, Florida

meet your Global Personal Trainers Peter and Tina. Learn about the entire range of speciality Classes, complimentary Seminars and Body Sculpt Boot Camp

## Tuesday 15<sup>th</sup>

7.30am

8.00am

9.00am

10.00am

11.00am

2.00pm

3.00pm

4.00pm

### At Sea

Celebrity Life Freshly Squeezed (stretch)

Yoga (\$12 fee)

Celebrity Life Gravity Group (\$30fee)

Celebrity Life Body Sculpt Boot Camp

Session 1 (sign Ups only)

### Celebrity Life Seminar:

Secrets to a Flatter Stomach

### Celebrity Life Seminar:

Detox for Health and Weight Loss

Celebrity Life Tour De Spin (\$12 fee)

Celebrity Life Chilates (\$12 fee)

## Wednesday 16<sup>th</sup>

### At Sea

7.30am

8.00am

9.00am

10.00am

11.00am

3.00pm

4.00pm

Celebrity Life Freshly Squeezed (stretch)

Yoga (\$12 fee)

Celebrity Life Gravity Group (\$30fee)

Celebrity Life Body Sculpt Boot Camp

Session 2 (sign Ups only)

### Celebrity Life Seminar:

Increase your metabolism

Celebrity Life Tour De Spin (\$12 fee)

Celebrity Life Chilates (\$12 fee)

## Thursday 17<sup>th</sup>

7.30am

8.00am

### St. Thomas (7.00am-6.00pm)

Celebrity Life Freshly Squeezed (stretch)

Fab Abs

## Friday 18<sup>th</sup>

7.30am

8.00am

### St. Kitts (8.00am – 3.00pm)

Celebrity Life Freshly Squeezed (stretch)

Total Body Conditioning

## Saturday 19<sup>th</sup>

7.30am

8.00am

### Barbados (8.00am-6.00pm)

Celebrity Life Freshly Squeezed (stretch)

Fab Abs

## Sunday 20<sup>th</sup>

7.30am

8.00am

### Dominica (8.00am- 6.00pm)

Celebrity Life Freshly Squeezed (stretch)

Legs, Bums & Thighs

## Monday 21<sup>st</sup>

7.30am

8.00am

### St. Maarten (8.00am-4.00pm)

Celebrity Life Freshly Squeezed (stretch)

Fab Abs

## Tuesday 22<sup>nd</sup> At Sea

7.30am

8.00am

9.00am

10.00am

11.00am

2 2.00pm

3.00pm

4.00pm

Celebrity Life Freshly Squeezed (stretch)

Yoga (\$12 fee)

Celebrity Life Gravity Group (\$30fee)

Celebrity Life Body Sculpt Boot Camp

Session 3 (sign Ups only)

### Celebrity Life Seminar:

Burn Fat Faster

### Celebrity Life Seminar

Eat more to weigh less

Celebrity Life Tour De Spin (\$12 fee)

Celebrity Life Chilates (\$12 fee)

## Wednesday 23<sup>rd</sup> At Sea

7.30am

8.00am

9.00am

10.00am

11.00am

3.00pm

4.00pm

Celebrity Life Freshly Squeezed (stretch)

Yoga (\$12 fee)

Celebrity Life Gravity Group (\$30fee)

Celebrity Life Body Sculpt Boot Camp

Session 4 (sign Ups only)

### Celebrity Life Seminar:

Detox for Health and Weight Loss

Celebrity Life Tour De Spin (\$12 fee)

Celebrity Life Chilates (\$12 fee)

## Health Assessment (BCA)

Using state of the art impedance analysis you will be educated on the following;

**Body's Toxic Status:** Many scientists are in agreement that the major cause of degenerative disease and cancer is internal toxicity.

**Levels of 'TRUE' water retention:** True water retention causes fat pockets to form in specific areas of the body.

**Lean Body Mass:** Lean body mass (Muscles, Tendons, ligaments and Bones), dictates your basal nutrition needs and metabolic rate.

**Metabolic Rate:** This is the number of calories your body burns at rest in 24 hours.

**Test and Private Consultation is approximately 45 minutes ONLY \$35**

Celebrity **X** Cruises<sup>®</sup>

VISIT THE FITNESS CENTER FOR MORE INFORMATION