

AquaSpa Fitness Center

Open 6:00am – 11:00pm

Fitness Special Offers

The Fitness Club \$90 (save \$79)

- 1 x Personal Training
- 1 x Body & Metabolism Assessment
- 1 x 25 min Alpha Relaxation Capsule

Fit 4 Life \$244 (save \$35)

- 1 x Body & Metabolism Assessment
- 3 x Personal Training
- 1 x Detox Herbal Spa Bath

Super Detox Package \$400 (save \$150) RECOMENDED

- 1 x Ionithermie Super Detox
- 1 x Personal Training
- 1 x Body & Metabolism Assessment
- 1 x Ionithermie Starter Kit

Onboard Fitness Services

Fitness Classes

Join our specialized classes: Indoor Cycling, Pilates or Yoga.

Class time 45 minutes.....\$12 per class

Body & Metabolism Assessment

Do you have a sluggish metabolism or low energy levels? Do you find it challenging to flatten your stomach or to lose from the hip and thigh area? With this test we can find out what the major problem is. You'll receive information on how to address the problem through supplementation.

The session lasts 45 minutes.....\$35 per test

Burn Fat Fast Nutrition Planning

The Burn Fat Fast program consist of a personalized nutrition plan and advice on detoxification, in order to maximize your ability to burn fat and achieve successful weight management and overall health.

Session lasts 1 hour.....\$85

Body Balancing Alpha Capsule

Stressed out? Jet lagged? Are you looking for complete relaxation? The massage capsule uses a combination of heat, vibration & aromatherapy to help you relax. Experience the ultimate power nap. 30 minutes in the Body Balancing Massage Capsule is equivalent to 3 hours sleep.

25 minutes for \$49

50 minutes for \$69

Personal Training Onboard

Whether you just want to be pushed to your limits or looking for a program to take home, we will cater to your needs. Personal training is your personal prescription toward a healthy and strong physique.

If you book 3 sessions, you get a Specialized Personal Home or Gym Program.

\$85 per session (60 minutes)

\$209 per 3 sessions

\$350 per 5 sessions

For More Information or to make an appointment call #4751

AquaSpa Fitness Center

Open 6:00am – 11:00pm

Sunday – June 6 - Bayonne

7:30am - 4:30pm

- 1:00pm - 3:15pm- Meet your International Personal Trainers
- 6:00pm - Introduction to the Gym & equipment
- 6:30pm - Fab Abs Class *

Monday - June 7- At sea (Formal)

- 7:30am - Freshly Squeezed Morning Stretch
- 8:00am - Pathway to Yoga * (\$12)
- 9:00am - Indoor Cycling * (\$12)
- 9:00am - Breakfast with the Guru
- 10:30am - Free Seminar: * CINEMA
Detox for Health and Weight Loss
- 2:00pm - Free Seminar: * FITNESS CENTRE
How to Increase your Metabolism
- 4:00pm - Chillates *(\$12)

Tuesday - June 8 - At Sea

- 7:30am - Morning Stretch
- 8:00am - Pathway to Yoga * (\$12)
- 9:00am - Indoor Cycling * (\$12)
- 10:30am - Free Seminar: * FITNESS CENTRE
Secrets to a Flatter Stomach
- 2:00pm - Free Seminar: * FITNESS CENTRE
Burn Fat Faster
- 4:00pm - Tai Chi

Wednesday - June 9 - Bermuda

Arrive 8:30am - Over night

- 7:30am - Freshly Squeezed Morning Stretch
- 8:00am - Tai Chi
- 9:00am - Body Bootcamp

Thursday - June 10 - Bermuda
Over night

- 7:30am - Morning Stretch*
- 8:00am - Fab Abs*
- 5:00pm - Body Bootcamp

Friday - June 10 - Bermuda - (Formal)

Depart - 4:30pm

- 7:30am - Morning Stretch
- 9:00am - Breakfast with the Guru
- 4:00pm - Pathway to Yoga * (\$12)
- 5:00pm - Chillates * (\$12)

Saturday - June 11 - At Sea

- 7:30am - Freshly Squeezed Morning Stretch
- 8:00am - Pathway to Yoga * (\$12)
- 9:00am - Indoor Cycling * (\$12)
- 10:30am - Free Seminar: * CINEMA
Detox for Health and Weight Loss
- 4:00pm - Body Bootcamp

METABOLISM ASSESSMENT

Burn FAT Faster!

Lose Weight from the 'RIGHT' Areas!

Increase Your Energy Levels!

Successfully Manage Your Weight!

Discover ALL the information you need to obtain your desired results!



FIND OUT HOW BALANCED YOUR BODY IS AND HOW EFFECTIVELY IT IS WORKING FOR YOU?

Book your METABOLISM ASSESSMENT today with your onboard Personal Trainers.

\$35.00

* Denotes a Celebrity Life Event