



## Fitness Schedule

### Sunday - Fort Lauderdale (depart 4:30pm)

- 1:00pm Meet your Fitness Directors  
 - 4:00pm **David & Andre** and discover the  
 Celebrity Solstice well being program  
 4:30pm Complimentary Gravity Class

### Monday - At Sea

- 7:30am Morning Stretch  
 8:00am Pathway to Yoga (\$12 fee)  
 9:00am Gravity Group (\$30 fee)  
 11:00am **Fitness Seminar:**  
 Secrets to a Flatter Stomach  
 2:00pm **Fitness Seminar:** Burn Fat Faster  
*Maximize your FAT burning potential*  
 4:00pm Tour de Spin (\$12 fee)  
 5:00pm Pathway to Yoga (\$12 fee)

### Tuesday - San Juan (2:00pm - 10:00pm)

- 7:30am Morning Stretch  
 8:00am Pathway to Pilates (\$12 fee)  
 9:00am Gravity Group (\$30 fee)  
 11:00am **Fitness Seminar:**  
 Detox for Health & Weight Loss  
*Are toxins affecting your life?*  
 12 Noon "Sail In" Tour de Spin (\$12 fee)

### Wednesday - St. Kitts (10:00am - 6:00pm)

- 7:30am Morning Stretch  
 8:00am Ab Attack

### Thursday - St. Maarten (7:00am - 11:00pm)

- 7:30am Morning Stretch  
 8:00am Circuit Class

### Friday - At Sea

- 7:30am Morning Stretch  
 8:00am Pathway to Pilates (\$12 fee)  
 9:00am Gravity Group (\$30 fee)  
 11:00am **Fitness Seminar:**  
 Increase your Metabolism  
 2:00pm **Fitness Seminar:** Eat More to Weigh Less  
 4:00pm Tour de Spin (\$12 fee)  
 5:00pm Pathway to Yoga (\$12 fee)

### Saturday - At Sea

- 7:30am Morning Stretch  
 8:00am Pathway to Yoga (\$12 fee)  
 9:00am Gravity Group (\$30 fee)  
 11:00am **Fitness Seminar:**  
 Detox for Health & Weight Loss  
 4:00pm Tour de Spin (\$12 fee)

**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  
 \$33/\$50 per couple

VISIT THE FITNESS CENTER FOR MORE INFORMATION

