

Sports Afloat®

Come break a sweat and have some fun with NCL's Sports Afloat - one of the most comprehensive sports programs offered by any cruise line. No matter what shape you're in, you're sure to find activities to make everybody and every body happy.

THE CENTER OF IT ALL

Step into our state-of-the-art fitness center and work out with the weight-training equipment, cycles, treadmills, elliptical machines* and free weights. The center is open around the clock, 24 hours a day. So unfortunately there's no excuse not to hit the gym. But please remember to wear appropriate work-out wear including fitness shoes.

CLASS IS IN SESSION

From simple stretching to advanced strengthening, we offer lots of different levels of aerobics classes throughout the day. And all our instructors hold recognized fitness instructor qualifications.

ANDRÉ CAFÉ

Nel spirit fitness instructor

André is originally from Portugal, he is bilingual, speaking and understanding.

Languages such as Spanish, Italian, French and English.

He has been in the health, fitness, and nutrition and physiology industry for the past 7 years. He graduated with a bachelor degree in Sport Science, from Universidad Beira Interior of Portugal. With is great achievement he was honored as Director of the soccer team of this University, taking them to be National Champions.

Moving forward, he was invited by the head professor of the university to join the team that developed a training program for two of the best Tennis world's players. Following suit, he started to back up Tennis number one's Junior Coach.

Following university, André qualified as a Personal Trainer in one of the best Health Clubs of Portugal, *Holmes Place*, developing personal training and nutritional programs for the silver screen's stars.

André's passion is to help people to achieve their short or long term health & fitness goals. He will put all his energy and knowledge in your life....your training
The PEOPLE!!!

"You cannot reach the top of the mountain unless you start climbing."

Itinerary

Roman Spa Fitness Program

MONDAY - FIRST SEA DAY

- 7:30 am Stretch Class (FREE)
- 8:00 am Yoga Class (\$10 fee)
- 9:00 am Pilates Class (\$10 fee)
- 10:30am SEMINAR: SECRETS TO A FLATTER STOMACH***
- 2:30 pm SEMINAR: DETOX FOR WEIGHT LOSS***

TUESDAY - HALIFAX (8:00am – 5:00pm)

- 7:30 am - Yoga Class (\$10 fee)
- 5:00 pm - Water Aerobics (FREE)
- 6:00 pm - Fab Abs/Stretch class (FREE)

WEDNESDAY – SAINT JOHN (8:30am – 4:00pm)

- 7:00 am Yoga Class (\$10 fee)
- 8:00 am Pilates Class (\$10 fee)
- 5:00 pm SEMINAR: BURN FAT FASTER**

THURSDAY – BOSTON (8:00am – 6:00 pm)

Fitness Center Open

FRIDAY – MARTHA'S VINEYARD (9.00am – 6.00pm)

- 7:00 am Yoga Class (\$10 fee)
- 8:00 am Pilates Class (\$10 fee)

VENUE OF CLASSES AND ACTIVITIES

- * Stretch classes – Galaxy of the stars, Deck 12, fwd
- * Yoga Classes - Galaxy of the stars, Deck 12 fwd
- * Pilates Classes - Galaxy of the stars, Deck 12 fwd
- * Water Aerobics – AquaSwim,Deck 12,GYM
- * Seminars – CARD ROOM

BODY DETOXIFICATION ANALYSIS

Using this brand new technology, we will be able to accurately tell you how many pounds of water your body is retaining due to toxic build up. We will show you how fast your metabolism is burning and show you the composition of your body. Taking into consideration your personal health and fitness goals we tailor make for you the best Lifestyle programme for your body. If you are Ready and serious about achieving the goals you deserve in Life this is for you!

45 min session\$35

BURN FAT FAST

You really are what you eat. So lets forget about calories and depriving our bodies of all the pleasures of life. We need to be eating according to our metabolism. In this session we will find out how fast your metabolism is burning to put you on a tailor made Nutritional program. There is no better time to start than now with all this gorgeous food we are surrounded with. You will receive a metabolism test and a tailor made Nutritional programme worked out according to your metabolism. If you are serious about losing weight then you need to grab this opportunity.

1 hour session.....\$85

PERSONAL TRAINING

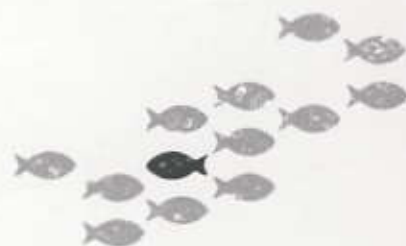
Have you reached a Plato with your current exercise program? Need new ideas and techniques? Do you need to lose weight, gain energy or increase your strength. Whatever your personal fitness goal we can help. With our onboard International Fitness Director we have the passion and commitment to help you achieve those goals.

1 hour session\$85

3 sessions.....\$209

An 18% auto gratuity will be added to your service

ANY DOUBT OR APOINTMENT, CALL THE SPA 7840



WOULDN'T YOU LIKE TO FEEL MORE ENERGETIC?

**THE AVERAGE PERSON ON BOARD A CRUISE SHIP GAINS
1-2 POUNDS A DAY!**

**LOOK AFTER YOURSELF ON BOARD YOUR CRUISE AND
TRY OUR "BURN FAT FAST"
PROGRAM DESIGNED ESPECIALLY FOR YOU,
USING NUTRITION, EXERCISE AND
DETOXIFICATION.**

**WE USE A METABOLIC RATE TEST, TO SEE WHATS GOING
ON INSIDE YOUR BODY AND USING THE RESULTS WE
GIVE YOU THE TOOLS TO HELP YOU ACHIEVE A BETTER
STATE OF BODY AND MIND.**

**BOOK IN AT RECEPTION TO SPEAK TO ONE OF YOUR
INTERNATIONAL FITNESS
DIRECTORS ON BOARD!**



NORWEGIAN CRUISE LINE
FREESTYLE CRUISING

1.800.327.7030 ncl.com