

## MONDAY MIAMI

11:30 am - 3:30 pm **SPA OPEN HOUSE**  
Check out our latest facilities and ask about our onboard fitness classes.

1:00 pm - 3:30 pm **ACUPUNCTURE DEMONSTRATIONS WITH JINJIE**

3:15 pm **SPA RAFFLE - \$500 WORTH OF PRIZES TO BE WON!**

5:00 pm **COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS**

6:00 pm **COMPLIMENTARY WALK-IN FACIAL REJUVENATION CONSULTATIONS WITH DR. IVONNE**

## TUESDAY DAY AT SEA

7:00 am **SUNRISE STRETCH**

8:00 am **BODY SCULPT BOOT CAMP (FEE APPLIES)**

10:00 am **SEMINAR: DETOX FOR HEALTH AND WEIGHT LOSS**

10:00 am **COOLSCULPTING CONSULTATIONS WITH DR. IVONNE**

10:15 am **SEMINAR: INTRODUCTION TO ACUPUNCTURE**

12:00 pm **LADIES PAMPER PARTY (SIGN-UP REQUIRED)**

1:00 pm **LIVE HAIR SHOW (SIGN-UP REQUIRED)**

1:30 pm **SEMINAR: THERMAGE SKIN TIGHTENING**

2:00 pm **SEMINAR: WALKING IN COMFORT,**

2:15 pm **SEMINAR: INTRODUCTION TO ACUPUNCTURE**

4:00 pm **YOGA (SIGN-UP REQUIRED)**

4:30 pm **SEMINAR: HOW TO LOOK TEN YEARS YOUNGER TODAY**

5:00 pm **COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS**

6:00 pm **TOTAL BODY CONDITIONING**

## WEDNESDAY KEY WEST (8:30-16:15)

6:30 am **FAB ABS**

7:00 am **GROUP CYCLING (SIGN-UP REQUIRED)**

8:00 am **BODY SCULPT BOOT CAMP (FEE APPLIES)**

4:45 pm **WALK-IN ACUPUNCTURE CONSULTATIONS**

5:00 pm **WALK-IN FACIAL REJUVENATION CONSULTATIONS**

5:00 pm **COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS**

6:00 pm **TOTAL BODY CONDITIONING**

## THURSDAY CASTAWAY CAY (8:30-16:45)

6:30 am **FAB ABS**

7:00 am **SUNRISE STRETCH**

8:00 am **BODY SCULPT BOOT CAMP (FEE APPLIES)**

10:30 am **YOGA ON THE BEACH (SERENITY BAY)**

5:00 pm **WALK-IN FACIAL REJUVENATION CONSULTATIONS**

5:00 pm **COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS**

5:15 pm **SEMINAR: ACUPUNCTURE FOR WEIGHTLOSS**

## FRIDAY NASSAU (8:30-17:15)

6:30 am **FAB ABS**

7:00 am **SUNRISE STRETCH**

8:00 am **BODY SCULPT BOOT CAMP (FEE APPLIES)**

10:00 am **COOLSCULPTING CONSULTATIONS WITH DR. IVONNE**

9:15 am **SEMINAR: CHINESE MEDICINE**

9:30 am **PURE FORM PILATES (SIGN-UP REQUIRED)**

1:00 pm **LIVE HAIR SHOW (SIGN-UP REQUIRED)**

5:00 pm **COMPLIMENTARY WALK-IN FOOTPRINT ANALYSIS**

5:15 pm **SEMINAR: CHINESE MEDICINE**

**\*REJUVENATION CONSULTATIONS WITH DR. IVONNE PENA**

### FITNESS CENTER - 6:00 AM - 10:00 PM

Shirts and training shoes must be worn at all times.  
Fitness Center is reserved for Guests 18 & older.  
(Operating Hours Subject to Change)

### 5 NIGHT CRUISE BOOT CAMP

- 30 Minute Workouts
- Full Body Workout
- Burn up to 700 Calories in 1 Session
- Low Impact/High Intensity
- \$39 for 1 Session

\$69 for 2 Sessions (Includes free Body Composition Analysis)  
\$119 for 4 Sessions (Includes free Body Composition Analysis)

### COMPLIMENTARY FOOTPRINT ANALYSIS

Find out why looking after your feet are so important to managing any pain and can give you the greatest comfort while living a more active lifestyle. Come in for a 15 minute complimentary Footprint Analysis with our Good Foot Specialists!

### PERSONAL TRAINING

Get a personalized hour sessions with our health and fitness directors onboard to insure you achieve the best results!

- Single Session (one person) \$89/1 hour
- 3 Sessions (one person) \$209 (save \$37) (incl. free Body Composition Analysis)

### SPA PORT DAY SPECIALS

#### PERFECT DAY PACKAGE

Full body Swedish massage, foot/ankle massage,  
Indian scalp massage, Booster Facial. 75 minutes for \$169.

### REJUVENATION CONSULTATIONS

#### WITH DR. IVONNE PENA

Visit Dr. Ivonne for the latest skin rejuvenation treatments including Thermage, Cool Sculpting and Injectables  
Book your complimentary consultation today!