

FITNESS SCHEDULE

Opening Hours: 6:00am - 9:00pm

Meet your onboard International Fitness Instructors Le Roux & Sachin to find out what you can do this cruise vacation to stay in shape.

- *Indoor Cycling - \$12 each
- *Pathway to Yoga - \$12 each
- * Pure Form Pilates - \$12 each
- * Guided Meditation - \$12 each

Saturday - Vancouver | Departure - 4:30pm

- 5:00pm \$500 Greenhouse Spa Raffle Drawing
- 5:30pm Complimentary Footprint and Posture Analysis with GoodFeet

Sunday - At Sea

- 7:00am Just Breathe
- 7:30am Indoor Cycling*
- 9:00am Stretch and Release
- 11:00am Complimentary Seminar: Detox for Health and Weight Loss
- 2:00pm Complimentary Seminar: Improve your Posture
- 5:00pm Total Body Conditioning
- 5:30pm Guided Meditation*

Monday - Juneau | 1:00pm - 10:00pm

- 7:00am Morning Stretch
- 7:30am Abs Class
- 8:00am Indoor Cycling*
- 9:00am Pure Form Pilates*
- 10:00am Complimentary Seminar: How to Increase your Metabolism
- 11:00am Complimentary Seminar: Walking in Comfort with Goodfeet
- 6:00pm Total Body Conditioning

Tuesday - Skagway | 7:00am - 9:00pm

- 7:00am Morning Stretch
- 7:30am Guided Meditation
- 8:00am Pathway to Yoga*
- 4:00pm Complimentary Seminar: Improve your Posture
- 5:00pm Total Body Conditioning
- 5:30pm Evening Stretch

Wednesday - Glacier Bay | 7:00am - 4:00pm

- 4:00pm Complimentary Seminar: Secrets to a Flatter Stomach
- 5:00pm Complimentary Seminar: Improve your Posture
- 6:00pm Total Body Conditioning

Thursday - Ketchikan | 10:00am - 6:00pm

- 7:00am Morning Stretch
- 7:30am Guided Meditation
- 8:00am Pure form Pilates*
- 4:00pm Seminar: Improving your Posture
- 5:00pm Total Body Conditioning
- 5:30pm Evening Stretch

Friday - Cruising Inside Passage

- 7:00am Just Breathe
- 7:30am Indoor Cycling*
- 9:00am Stretch and Release
- 11:00am Complimentary Seminar: How to Increase your Metabolism
- 2:00pm Complimentary Seminar: Walking in Comfort
- 5:00pm Total Body Conditioning
- 5:30pm Guided Meditation*

Any 3 classes - \$30

Ionithermie Super Detox Treatment

Ionithermie is one of the first non-invasive detoxification, firming and toning treatments to offer both men and women the ability to boost the body's internal systems. This treatment helps to stimulate lymphatic draining an increase circulation and metabolism, often causing and immediate inch loss of up to 8 inches. Additional benefits include reducing the appearance of fluid retention and cellulite.

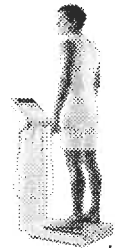
Single Session: \$159 | Course of 3: \$299

InBody Makes Life Better

See What You're Made Of:

- Body Fat Percentage
- Internal Organ Fat Level
- Calorie Expenditure (Basal Metabolic Rate)
- Muscle Strength and Balance Analysis
- Toxic Water and Hydration Level

Full assessment and consultation \$99 per person or \$149 per couple



Personal Training

Ensure you keep active this vacation and take advantage of our excellent fitness team. Sit down with one of our two experienced Fitness Instructors - Le Roux and Sachin - for one-on-one personal training sessions suited to your needs. The average cruiser gains 1-2 pounds...each day! Book in now for your personalized training session and free fitness program.

\$85 for 1 session/3 for \$209

Complimentary Footprint Analysis

Got Back Pain? Sick of having sore knees or hips? 80% of us turn our feet in or out when we strike the ground, which causes pain and pressure in your back, hips, knees and feet. A simple footprint can find out if your feet are the cause.

