

FITNESS SCHEDULE

GYM OPENING TIMES (6am – 10pm)

Meet and greet your Fitness Directors Lourens & Tegan and discover the Carnival Conquest Fitness Program.

DAY 1- SATURDAY – FT LAUDERDALE

12:30pm Spa Tours

5:15 pm SPA RAFFLE

5:30 pm Free Health Seminar:

IMPROVE WALKING & POSTURE

Spa, Aerobic Studio, Deck 11, FWD

DAY 2- SUNDAY – PRINCESS CAYS (9:00AM - 4:00PM)

7:00 am Sunrise Stretch

7:30 am Fab Abs

4:00 pm Free Health Seminar:

WALKING IN COMFORT

Spa, Aerobic Studio, Deck 11, FWD

5:00 pm Evening Stretch

DAY 3 - MONDAY – GRAND TURK (12:00PM – 7:00PM)

7:00 am Sunrise Stretch

7:30 am Fab Abs

8:00 am Pathway to Yoga \$

9:00 am Indoor Cycling \$

11:00 am Free Health Seminar:

INCREASE YOUR METABOLISM

Spa, Aerobic Studio, Deck 11, FWD

2:00 pm Free Health Seminar:

IMPROVE WALKING & POSTURE

Alfred's Longe , Deck 4, AFT

5:00 pm Evening Stretch

DAY 4- TUESDAY – FUN DAY @ SEA

7:00 am Sunrise Stretch

7:30 am Fab Abs

8:00 am Pathway to Yoga \$

9:00 am Indoor Cycling \$

11:30 am Free Health Seminar:

SECRETS TO A FLATTER STOMACH

Vincent's Lounge, deck 5, AFT

2:45 pm Free Health Seminar:

IMPROVE POSTURE

Vincent's Lounge, deck 5, AFT

5:00 pm Evening Stretch

PLEASE NOTE : Wear appropriate footwear when using fitness facility and t-shirt MUST be worn at all times. Children under 18 years need to be accompanied by adult when using fitness facility

DAY 5- WEDNESDAY – CURACAO (10:00AM – 11:00PM)

7:00 am Sunrise Stretch

7:30 am Fab Abs

2:00 pm Free Health Seminar:

IMPROVE WALKING & POSTURE

Spa, Aerobic Studio, Deck 11, FWD

5:00 pm Evening Stretch

DAY 6-THURSDAY – ARUBA (8:00AM – 4:00PM)

7:00 am Sunrise Stretch

7:30 am Fab Abs

4:30 pm Free Health Seminar:

IMPROVE POSTURE

Spa, Aerobic Studio, Deck 11, FWD

5:00 pm Evening Stretch

DAY 7- FRIDAY – FUN DAY @ SEA

7:00 am Sunrise Stretch

7:30 am Fab Abs

8:00 am Pathway to Yoga \$

9:00 am Indoor Cycling \$

11:00 am Free Health Seminar:

BURN FAT FASTER

Spa, Aerobic Studio, Deck 11, FWD

2:45 pm Free Health Seminar:

WALKING IN COMFORT

Vincent's Lounge, deck 5, AFT

5:00 pm Evening Stretch

DAY 8- SATURDAY – FUN DAY @ SEA

7:00 am Sunrise Stretch

7:30 am Fab Abs

8:00 am Pathway to Yoga \$

9:00 am Indoor Cycling \$

11:00 am Free Health Seminar:

DETOX FOR HEALTH & WEIGHT LOSS

Vincent's Lounge, deck 5, AFT

2:45 pm Free Health Seminar:

IMPROVE POSTURE

Vincent's Lounge, deck 5, AFT

5:00 pm Evening Stretch

EXCLUSIVE HEALTH & FITNESS SEMINARS:

Do you exercise & eat healthy yet struggle to lose weight? Is your calorie burning or digestion slow? Come and find out WHY.

IN BODY 570

FIND OUT YOUR:

- Basal Metabolic Rate Individual - \$99
- Body Fat Percentage Couples - \$149
- Visceral Fat Levels
- Segmental Lean Analysis
- Water Retention Levels