



Holland America Line®

# FITNESS SCHEDULE

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

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

\*Indoor Cycling, Pathway to Yoga, and Pure Form Pilates are \$12 each

## Saturday - Fort Lauderdale (Departure - 4:00pm)

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

## Sunday - At Sea

- 7:00am Just Breathe
- 8:00am Indoor Cycling\*
- 9:00am Stretch and Release
- 11:00am Complimentary Seminar: Detox for Health and Weight Loss
- 2:00pm Complimentary Seminar: Improve Your Posture with GoodFeet
- 4:00pm Pathway to Yoga\*
- 5:00pm Total Body Conditioning

## Monday - Grand Turk (8am - 3pm)

- 7:00am Morning Stretch
- 7:30am Abs Class
- 8:00am Pure Form Pilates\*
- 3:00pm Complimentary Seminar: How to Increase Your Metabolism
- 4:30pm Complimentary Seminar: Walking In Comfort with GoodFeet
- 6:00pm Total Body Conditioning

## Tuesday - San Juan (1pm - 11pm)

- 7:00am Morning Stretch
- 7:30am Abs Class
- 8:00am Indoor Cycling\*
- 9:00am Stretch and Release
- 11:00am Complimentary Seminar: Burn Fat faster
- 3:30pm Complimentary Footprint and Posture Analysis with GoodFeet
- 5:00pm Total Body Conditioning

## Wednesday - St. Thomas (8am - 5pm)

- 7:00am Morning Stretch
- 7:30am Abs Class
- 8:00am Pure Form Pilates\*
- 4:30pm Complimentary Footprint Analysis with GoodFeet
- 6:00pm Total Body Conditioning

## Thursday - At Sea

- 7:00am Just Breathe
- 8:00am Indoor Cycling\*
- 9:00am Stretch and Release
- 11:00am Complimentary Seminar: Secrets to a Flatter Stomach
- 2:00pm Complimentary Seminar: Relieving Back Pain with GoodFeet
- 4:00pm Pathway to Yoga\*
- 5:00pm Total Body Conditioning

## Friday - Half Moon Cay (8am-4pm)

- 7:00am Morning Stretch
- 7:30am Abs Class
- 9:30am Yoga on the Beach\*
- 3:30pm Complimentary Seminar: Improve Your Posture with GoodFeet
- 5:00pm Total Body Conditioning

## 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 - Jake and Yvonne - 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.

