



**Acupuncture** *The Point of Well-Being*

EFFECTIVE TREATMENTS FOR VARIOUS CONDITIONS

HERBAL SUPPLEMENTS / EDUCATIONAL SEMINARS

Available at the Spa

**SENSES**  
SPA & SALON

## THURSDAY PORT CANAVERAL

DEPARTS 5:00 p.m.

12:00 p.m. - 10:00 p.m. GYM HOURS

Check out our latest facilities and ask about our onboard fitness classes and our personal international fitness instructors who can advise you and personalize a work out program for you.

3:00 p.m. SPA RAFFLE - \$500 WORTH OF PRIZES

## FRIDAY NASSAU

ARRIVES 9:00 a.m. DEPARTS 6:00 p.m.

7:30 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

Goofy's Sports Deck- Meet 10 minutes before in the Senses Fitness Center

9:00 a.m. WAKE UP AND STRETCH - CLASS

9:30 a.m. GOOD FEET SEMINAR: WALKING IN COMFORT  
Senses Spa, Deck 11, Forward

10:30 a.m. GROUP CYCLING - Sign Up Required

10:30 a.m. ACUPUNCTURE SEMINAR: A LIFE CHANGING EXPERIENCE  
Senses Spa, Deck 11, Forward

3:00 p.m. GOOD FEET SEMINAR: IMPROVING POSTURE  
Senses Spa, Deck 11, Forward

4:00 p.m. SEMINAR: DETOX FOR HEALTH & WEIGHT LOSS  
Senses Spa, Deck 11, Forward

5:00 p.m. PATHWAY TO PILATES - CLASS

## SATURDAY CASTAWAY CAY

ARRIVES 8:00 a.m. DEPARTS 5:00 p.m.

7:30 a.m. BODY SCULPT BOOT CAMP (FEE APPLIES)

Goofy's Sports Deck- Meet 10 minutes before in the Senses Fitness Center

8:00 a.m. WAKE UP AND STRETCH - CLASS

10:30 a.m. YOGA ON THE BEACH  
Serenity Bay

3:00 p.m. SEMINAR: SECRETS TO A FLATTER STOMACH  
Senses Spa, Deck 11, Forward

4:00 p.m. GOOD FEET SEMINAR: RELIEVING BACK PAIN  
Senses Spa, Deck 11, Forward

4:30 p.m. ACUPUNCTURE SEMINAR: THE POWER OF CHINESE HERBS

5:00 p.m. FAB ABS - CLASS

## SPA PORT DAY SPECIALS

### SALON TASTER SPECIAL

Choose from any of the following:

- Scalp massage, European facial, hand treatment, sunglow makeover, conditioning hair treatment, eye collagen facial, foot & ankle massage, neck & shoulder massage
- Choose Three for \$99, Five for \$119 and all Eight for \$139

### SUN SOOTHER

- Full body skin nourishing milk wrap
- Back, neck and shoulder massage
- Foot & ankle massage
- Scalp massage

50 Minutes for \$109.00

### PAMPER PACKAGE

50 minute full body massage and 25 minute facial  
75 minutes pamper for \$149

### BODY SCULPTING BOOT CAMP

30 minutes of high intensity, high energetic group training class. Burn up from 300 - 700 calories, using own body weight or 1 dumbbell. Includes a Metabolism Test once you have completed the Boot Camp. Two sessions - \$33.00

### PERSONAL TRAINING

One on one training with one of our 2 world renowned Personal Trainers. Kick start 1 hour session - \$82.00  
Ready for a lifestyle change course  
(3 sessions) - \$209.00 - or - PT Express 30 minute sessions - \$45.00

### METABOLISM ASSESSMENT

Measure your metabolic rate, water retention, body fat %, and hydration. Discover which detox you need.  
45 minutes - \$33.00

Contact the onboard Acupuncturist for more information.