

# LIBERTY FITNESS CENTER

## Day 2 – At Sea

7:00 am – Vitality Stretch  
7:30 am – Fab Abs Class  
8:00 am – Indoor Cycling/Wheels in Motion (\$12 fee)  
8:00 am – Power-Box Conditioning Class (\$15 fee)  
9:00 am – Pathway to Yoga (\$12 fee)  
10:00 am – Body Sculpt Boot Camp 1\*\*  
11:00 am – Detox for Health & Weight Loss  
2:00 pm – Secrets to a Flatter Stomach  
4:00 pm – Core Conditioning Pilates (\$12 fee)  
5:00 pm – Total Body Conditioning

## Day 3 – At Sea

7:00 am – Vitality Stretch  
7:30 am – Circuits in Motion  
8:00 am – Indoor Cycling/Wheels in Motion (\$12 fee)  
8:00 am – Power-Box Conditioning Class (\$15 fee)  
9:00 am – Pathway to Yoga (\$12 fee)  
10:00 am – Body Sculpt Boot Camp 2\*\*  
11:00 am – Burn Fat Faster  
4:00 pm – Core Conditioning Pilates (\$12 fee)  
5:00 pm – Total Body Conditioning

## Day 4 – St. Maarten

7:00 am – Vitality Stretch  
7:30 am – Circuits in Motion  
8:00 am – Indoor Cycling/Wheels in Motion (\$12 fee)

5:00 pm – Total Body Conditioning

## Day 5 – San Juan

7:00 am – Vitality Stretch  
7:30 am – Fab Abs Class  
4:30 pm – Body Sculpt Boot Camp 3\*\*  
5:00 pm – Total Body Conditioning

## Day 6 – Labadee

7:00 am – Vitality Stretch  
7:30 am – Circuits in Motion  
8:00 am – Indoor Cycling/Wheels in Motion (\$12 fee)  
9:00 am – Pathway to Yoga (\$12 fee)  
10:00 am – How to Increase Your Metabolism

## Day 7 – At Sea

7:00 am – Vitality Stretch  
7:30 am – Total Body Conditioning  
8:00 am – Indoor Cycling/Wheels in Motion (\$12 fee)  
8:00 am – Power-Box Conditioning Class (\$15 fee)  
9:00 am – Pilates Reformer Group Class (\$15 fee)  
10:00 am – Body Sculpt Boot Camp 4\*\*  
11:00 am – Detox for Health & Weight Loss  
2:00 pm – Secrets to a Flatter Stomach  
4:00 pm – Core Conditioning Pilates (\$12 fee)  
5:00 pm – Fab Abs Class

## Metabolism Testing

How fast is your metabolism? How much water are you retaining? Are you constantly tired with low energy levels? Are you struggling to successfully manage your body weight? What other information are you missing that is stopping you from achieving your goals? Using state of the art impedance analysis, our trainers will break your body down into vital components in order to optimize its overall function with the prescription of an individualized program. You will be educated on:

**BODY'S TOXIC STATUS:** Many scientists are in agreement that the major cause of degenerative disease and cancer is internal toxicity.

**LEVELS OF "TRUE" WATER RETENTION:** True water retention causes fat pockets to form in specific areas of the body  
**LEAN BODY MASS:** Lean Body Mass (muscles, tendons, ligaments and bones) dictates your basal nutrition needs and metabolic rate.

**HYDRATION LEVELS:** Overall performance of the human body will drop by an average of 33% if insufficiently hydrated.

**METABOLIC RATE:** This is the number of calories your body burns at rest in 24 hours. **\$35 per person / \$55 per couple.**

## \*\*Body Sculpt Boot Camp

This is a totally different form of training to anything you may have done before. It's straight to the point; you work smart, fast and see results. You are committed to 4 sessions over the period of your cruise vacation, at a cost of only \$120. The exercises are specifically designed to shape your physique and burn over 700 calories in 30 minutes sessions. Once completed you will have the opportunity to receive a complimentary Metabolism Test (normally \$35) to assess how well your body is functioning.

Liberty Fitness Center is located on Deck 11.  
Open every day 6:00 am – 10:00 pm



We recommend this signature Vitality body treatments...

**Ionithermie Cellulite Reduction Program** This revolutionary therapy reduces the appearance of cellulite, detoxifies the body and offers substantial inch loss (between 1-8 inches) in just one session.