

THE SPA AT SEABOURN

What will Ionithermie Algae Detox do for me?

- ✓ *Reduce the appearance of cellulite by 15-45%*
- ✓ *Firms & tones muscles*
- ✓ *Reduces water retention*
- ✓ *Lose 1-8 inches in a single treatment*
- ✓ *Detoxifies & giving a major energy boost*
- ✓ *Improves & smoothens skin texture*
- ✓ *Detoxifies & re-mineralizes the body*
- ✓ *Raises energy levels*
- ✓ *Boosts the metabolism*
- ✓ *Improves blood & lymph circulation*
- ✓ *Reduce stubborn areas*

For further information complimentary one-on-one consultation is available.

Visit the Spa At Seabourn located on Deck 9 Aft or Dial 4916 to schedule appointments today.

B.C.A—BODY COMPOSITION ANALYSIS—60 MIN-SINGLE (\$46) COUPLE (\$68)

A fully comprehensive assessment of your health, which provides the basis for implementing a program of detoxification. It determines your: Metabolism, Daily calorie intake, Body fat level, Hydration level, Water retention & toxicity levels.

PERSONALIZED KINESIS TRAINING SESSION – 60 MINS - \$115

This is a unique training session that utilizes the state-of-the-art kinesis machines. These machines are designed to enhance and improve human movement, by mimicking functional movements whilst working against a set resistance. Kinesis training is also excellent for muscle definition, rehabilitation and joint strength.

NUTRITIONAL CONSULTATION – 1 HOUR - \$101

Gain a clear understanding of your nutrition and how you can increase your energy levels, lose weight and feel healthier. The nutritional program has been developed by the world renowned American Dr. Sears, and is validated by the Harvard Medical school as the fastest, and most permanent way to lose fat.

ONE-TO-ONE PERSONAL TRAINING – 60 MINS - \$115

Make the most of your time in the gym, with a personalized one-to-one training session, designed to maximize your results and help achieve your goals. Specialist training sessions include fast & effective weight-loss, body toning & sculpting, injury rehabilitation & prevention.

PERSONALIZED YOGA/PILATES SESSION – 60 MINS - \$115

This method of Pilates transforms the body and the mind, in an attempt to attain a greater degree of functionality, well-being and health. Yoga has existed for thousands of years, and translates as “a union of body and mind” from Sanskrit. It is both a form of exercise, and a form of meditation, Yoga can increase flexibility, balance, core strength & stability.

PERSONALIZED STRETCHING SESSION – 60 MINS - \$115

A one-to-one session designed to enhance your flexibility, circulation, correct posture and prevent injury. Stretching is also great as part of your rehabilitation program as this increases your mobility and the health of your joints and muscles.

Gym Opening Hours 6:00am – 10:00pm

The Fitness Schedule is subject to change. **Due to limited space please kindly sign-up for classes and seminars.** Please be advised that your place maybe offered to another participant, if you are not present at the start of the class.

FITNESS SCHEDULE

LISBON

WEDNESDAY 7 DECEMBER

MEET YOUR INTERNATIONAL PERSONAL TRAINER ON BOARD THE SEABOURN ODYSSEY, CLAUDE AND CONSULT ABOUT YOUR HEALTH AND CONDITIONING.

NOON – 20:00: COMPLIMENTARY FOOT PRINT ANALYSIS (ALIGN YOUR FEET FOR FOOT, KNEE, HIP OR BACK PAIN RELIEF)

AT SEA

THURSDAY 8 DECEMBER

8:00am: Stretch Class

8:30am: Pathway to Yoga

9:30am: ***Body Sculpt Boot camp**

11:00am: **SEMINAR: DETOX FOR HEALTH & WEIGHTLOSS**

4:00pm: **SEMINAR: POWERFUL POSTURE**

5:00pm: Stretch Class

5:30pm: Kinesis circuit Class

FUNCHAL

FRIDAY 9 DECEMBER

7:30am: Stretch Class

8:00am: Pure Form Pilates

4:00pm: **COMPLIMENTARY FOOTPRINT ANALYSIS & BALANCE TEST AVAILABLE**

5:00pm: Stretch Class

5:30pm: Fab Abs

AT SEA

SATURDAY 10 DECEMBER

8:00am: Stretch Class

8:30am: Total Body Conditioning

9:30am: ***Body Sculpt Boot camp**

11:00am: **SEMINAR: GOOD FEET CLINIC**

4:00pm: **SEMINAR: BURN FAT FASTER**

5:00pm: Stretch Class

5:30pm: Fab Abs

AT SEA

SUNDAY 11 DECEMBER

4:00pm: **COMPLIMENTARY FOOTPRINT ANALYSIS & BALANCE TEST AVAILABLE**

5:00pm: Stretch Class

5:30pm: Pathway to Yoga

AT SEA

MONDAY 12 DECEMBER

8:00am: Stretch Class

8:30am: Kinesis circuit Class

9:30am: ***Body Sculpt Boot camp**

11:00am: **SEMINAR: HOW TO INCREASE YOUR METABOLISM**

4:00pm: **SEMINAR: WALKING IN COMFORT AND RELIEVING BACK PAIN**

5:00pm: Stretch Class

5:30pm: Pure Form Pilates

AT SEA

TUESDAY 13 DECEMBER

8:00am: Stretch Class

8:30am: Total Body Conditioning

11:00am: **SEMINAR: EAT MORE TO WEIGHTLESS**

4:00pm: **SEMINAR: POWERFUL POSTURE**

5:00pm: Stretch Class

5:30pm: Fab Abs

***BODY SCULPT BOOTCAMP**

Fed up with treadmills & elliptical machines?

Want something New & Exciting?

Then join Claude this cruise for 3 sessions or more of Body Sculpt Boot Camp for "Guaranteed Results"

\$ 96 for 3 sessions that include a Body Sculpt Boot Camp manual & a complimentary health assessment all of them designed to push your body to the limit

Spa Special

Hot Stones on Back

Full Body Massage

Scalp Massage

Foot and Ankle Massage

Rejuvenating Eye Treatment

75 minutes - Only \$179