

Fitness

SCHEDULE

FITNESS AFLOAT SCHEDULE

THURSDAY, MARCH 17 2005 TO THURSDAY, MARCH 31, 2005

Thursday, March 17

6:00 a.m. - 7:00 p.m.

3:00 a.m. - 4:30 p.m.

Friday, March 18

6:00 a.m. - 7:00 p.m.

7:30 a.m. - 8:00 a.m.

8:15 a.m. - 8:45 a.m.

5:00 p.m. - 5:30 p.m.

5:30 p.m. - 6:00 p.m.

Saturday March 19

6:00 a.m. - 7:00 p.m.

7:30 a.m. - 8:00 a.m.

8:15 a.m. - 8:45 a.m.

9:15 a.m. - 10:00 a.m.

10:15 a.m. - 10:45 a.m.

3:30 p.m. - 4:30 p.m.

4:30 p.m. - 5:15 p.m.

5:30 p.m. - 6:00 p.m.

Sunday, March 20

6:00 a.m. - 7:00 p.m.

7:30 a.m. - 8:00 a.m.

8:15 a.m. - 8:45 a.m.

5:00 p.m. - 5:45 p.m.

Monday, March 21

6:00 a.m. - 7:00 p.m.

7:30 a.m. - 8:00 a.m.

8:15 a.m. - 8:45 a.m.

9:15 a.m. - 10:00 a.m.

10:15 a.m. - 10:45 a.m.

4:00 p.m. - 4:45 p.m.

5:00 p.m. - 5:30 p.m.

Tuesday, March 22

6:00 a.m. - 7:00 p.m.

7:30 a.m. - 8:00 a.m.

8:15 a.m. - 8:45 a.m.

5:00 p.m. - 5:30 p.m.

Wednesday, March 23

6:00 a.m. - 7:00 p.m.

7:30 a.m. - 8:00 a.m.

4:00 p.m. - 4:30 p.m.

4:30 p.m. - 5:00 p.m.

5:00 p.m. - 5:30 p.m.

Los Angeles

The Fitness Center is Open

Gym Familiarization

San Diego

The Fitness Center is Open

Wake Up and Walk

Morning Stretch

Tighten and Tone (Upper Body)

Great Abs!

At Sea

The Fitness Center is Open

Wake Up and Walk

Morning Stretch

Low Impact Aerobics

Tighten and Tone (Lower Body)

Get Familiar with the Machines

Total Body Toning

Stretch and Relax

Cabo San Lucas

The Fitness Center is Open

Wake Up and Walk

Introduction to Firball

Stretch and Strengthen Yoga Style

At Sea

The Fitness Center is Open

Wake Up and Walk

Great Abs!

Circuit Training (Similar to Circuit)

Morning Stretch

Pilates Mat Work

Stretch and Relax

Acapulco

The Fitness Center is Open

Wake Up and Walk

Morning Stretch

Abs/Backs/Buns with Ball

Huatulco

The Fitness Center is Open

Wake Up and Walk

Tighten and Tone (Upper Body)

Tighten and Tone (Lower Body)

Stretch and Relax

Sail: 5:00 p.m.

Deck 7

Fitness Center

8:00a.m. - 5:00p.m.

Deck 7

Deck 12

Fitness Center

Fitness Center

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Deck 12

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9:00a.m. - 6:00p.m.

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8:00a.m. - 5:00p.m.

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Fitness Center

Fitness Center

7:00 a.m. - 1:00 p.m.

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Fitness Center

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Fitness Center

Thursday, March 24

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 9:15 a.m. - 10:00 a.m.
 10:15 a.m. - 11:00 a.m.
 3:30 p.m. - 4:00 p.m.
 4:30 p.m. - 5:00 p.m.
 5:00 p.m. - 5:30 p.m.

Friday, March 25

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 5:00 p.m. - 5:30 p.m.
 5:30 p.m. - 6:00 p.m.

Saturday, March 26

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 9:15 a.m. - 10:15 a.m.
 10:15 a.m. - 10:45 a.m.
 3:30 p.m. - 4:15 p.m.
 4:30 p.m. - 5:00 p.m.
 5:00 p.m. - 5:30 p.m.

Sunday, March 27

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 9:15 a.m. - 9:45 a.m.
 10:15 a.m. - 11:00 a.m.
 5:00 p.m. - 5:30 p.m.
 5:00 p.m. - 5:30 p.m.

Monday, March 28

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 8:15 a.m. - 8:45 a.m.
 9:15 a.m. - 10:00 a.m.
 3:30 p.m. - 4:00 p.m.
 4:30 p.m. - 4:45 p.m.
 5:00 p.m. - 5:30 p.m.

Tuesday, March 29

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 8:15 a.m. - 8:45 a.m.
 9:15 a.m. - 10:00 a.m.
 10:15 a.m. - 11:00 a.m.
 4:00 p.m. - 5:00 p.m.
 5:00 p.m. - 5:30 p.m.

Wednesday, March 30

6:00 a.m. - 7:00 p.m.
 7:30 a.m. - 8:00 a.m.
 8:15 a.m. - 8:45 a.m.
 5:30 p.m. - 6:00 p.m.

At Sea

The Fitness Center is Open
 Wake Up and Walk
 Pilates Mat Work
 Stretch and Strengthen Yoga Style
 Aerobic Fat Burner
 Abs and Back Strengthening
 Stretch and Relax

Puntarenas

The Fitness Center is Open
 Wake Up and Walk
 Total Body Toning
 Flex and Tone with Fitball

At Sea

The Fitness Center is Open
 Wake Up and Walk
 Pilates Mat Work
 Morning Stretch
 Circuit Training (Similar to Circuit)
 Tighten and Tone (Lower Body)
 Stretch and Relax

Gatun Yacht Club

The Fitness Center is Open
 Wake Up and Walk
 Flex and Tone with Fitball
 Tighten and Tone (Upper Body)
 Great Abs!
 Stretch and Relax

At Sea

The Fitness Center is Open
 Wake Up and Walk
 Tighten and Tone (Butt Buster)
 Stretch and Strengthen Yoga Style
 Abs/Back/Buns on Ball
 STEP Aerobics
 Stretch and Relax

At Sea

The Fitness Center is Open
 Wake Up and Walk
 Morning Stretch
 Low Impact Aerobics
 Total Body Toning
 Pilates Mat Work
 Stretch and Relax

Key West

The Fitness Center is Open
 Wake Up and Walk
 Great Abs!
 Stretch and Relax

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8:00a.m. - 6:00p.m.

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12 Noon - 4:00p.m.

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9:00a.m. - 6:00p.m.

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Please show up on time, the warm-up is very important.

The classes begin promptly and a minimum of 2 people is required for each class to be held.

Please make sure your workout clothing is comfortable, but more importantly correct and supportive footwear is a MUST for a safe and enjoyable workout. Join us and have fun ☺