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## **READY, SET, SWEAT: CELEBRITY CRUISES AND CANYON RANCH KICK THEIR FITNESS OFFERINGS INTO HIGHER GEAR**

*The flexible new fitness program sets out to prove that vacations are about more than rest and relaxation*



**MIAMI, FL – April 20, 2018** – Together, Celebrity Cruises and Canyon Ranch have set out to reinvent fitness at sea, inspired by the latest innovations and wellness trends in the world. The redesigned onboard program includes 20 new fitness classes and seminar experiences for guests.

There are six class categories based on different core needs and exercise groups: Sweat, Conditioning, Longevity, Mindfulness, Nutrition, and Acupuncture.

“At Celebrity Cruises we’re always looking for ways to pump-up the volume and raise the bar. Together with the Canyon Ranch team, we saw the opportunity to enhance our guest experience by revamping our fitness program and adding brand new classes inspired by the latest developments in fitness,” said Brian Abel, Senior Vice President, Hotel Operations, Celebrity Cruises. “With this new program, guests can enjoy a best-in-cruise fitness experience with unrivaled amenities, experienced and highly trained fitness experts, and a full schedule of invigorating and body-changing classes on board our ships.”

“Wellness is a lifestyle and this redesigned program empowers our guests to evolve their workout regimens along on the high seas,” said Sandra Foyil, Senior Vice President of Canyon Ranch At Sea. “Fitness enthusiasts and beginners alike will discover a wide range of experiences to challenge themselves and improve their well-being for optimal health.”

Among the new classes and seminar experiences are:

- **SWEAT: TABATA IMPACT** Less is more, with this fast and furious integrated interval workout that hails from Japan. Tabata offers the best of cardio and training techniques to provide a full-body workout incorporating enhanced core-strength training exercise
- **CONDITIONING: PILATES TO THE BEAT** This lively, Pilates mat-inspired class is choreographed to upbeat pop songs. Guests can challenge themselves to rhythmically flow from one exercise to next
- **LONGEVITY: AGE-DEFYING TECHNOLOGY** Learn about the latest technologies, services and products that could help push back the hands of time
- **MINDFULNESS: SPIRITUAL CYCLING** Incorporate mindfulness of form, awareness of energy, and presence of mind while cycling to a playlist of music that has intention to it
- **NUTRITION: DETOX 101: WEIGHT LOSS AND MORE** Gain knowledge about the most effective detoxifying foods, and how they promote weight loss and overall well-being
- **ACUPUNCTURE: ACUPUNCTURE FOR PAIN RELIEF** Treat pain, revive energy levels, get to the root of digestive discomfort, aid a healthy night's sleep, de-stress, feel younger, and live longer. Learn from a licensed acupuncturist about the incredible effects of this proven healing practice

To learn more about the revitalized program and see a full list of fitness classes and seminar experiences to be offered when the program launches in June 2018, visit [www.celebritycruises.com/things-to-do-onboard/health-and-wellness](http://www.celebritycruises.com/things-to-do-onboard/health-and-wellness).

#### **About Celebrity Cruises:**

Celebrity Cruises' iconic "X" is the mark of modern luxury, with its cool, contemporary design and warm spaces; dining experiences where the design of the venues is as important as the cuisine; and the amazing service that only Celebrity can provide, all created to provide an unmatched experience for vacationers' precious time. Celebrity Cruises' 12 ships offer modern luxury vacations visiting all seven continents. Celebrity also presents incredible cruise tour experiences in Alaska and Canada. Celebrity is one of five cruise brands operated by global cruise vacation company Royal Caribbean Cruises Ltd. (NYSE: RCL). For more information, dial 1-800-437-3111, visit [www.celebritycruises.com](http://www.celebritycruises.com), or call your travel agent.

#### **About Canyon Ranch®:**

Canyon Ranch® has been a trailblazer and an industry-leading proponent of the wellness lifestyle and real estate living for nearly 40 years, operating the world's most celebrated collection of life-enhancement properties. Canyon Ranch has wellness destinations in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise ships including Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.

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