

Chair Yoga



&

Chair Fitness



***Aboard* Royal Caribbean's Allure of the Seas March 1-4, 2024**

<u>Cabin</u>	<u>Double pp</u>	<u>Single pp</u>
Inside	\$569	\$869
Oceanview	\$689	\$999
Balcony	\$749	\$1099

Itinerary

Port Canaveral, Florida
 Coco Cay, Bahamas; Nassau, Bahamas
 Cruising
 Port Canaveral, Florida

Pricing includes: Port Charges, Taxes, All Gratuities, & Cocktail Party
Insurance for this cruise is mandatory & non-refundable: \$59 pp
Bus transportation: \$75 per person

Class Registration Information

Exclusive classes are offered for registered attendees only. The price includes two (2) classes per day, room rental, and chairs.

Early Bird registration: \$50.00 (until August 31)

Registration Sept. 1– Dec. 1: \$60.00

** *Goodie bags are guaranteed for the first 50 people that register.*

Classes need to be paid by cash or check. A minimum of 36 people must be registered by Dec. 1 in order to secure a room for exercise.

Please send class registration payment only to:

Chair Yoga with Shelly
 P.O. Box 410231
 Melbourne, FL 32940

Class Instructors:

Shelly Anderson 321-626-1969
 Jamie Field 321-917-1976



Deposit of \$200 due with reservation. Final payment due December 1, 2023

Deposits refundable through December 1, 2023

Information & Reservations for Cruise & Bus

Andy: 772-559-2041

andythor33@bellsouth.net

Travel Expressions
 SELLER OF TRAVEL 39406 inc

We are a full service travel agency and would love to talk to you about booking your vacation or cruise.

Group or Individual / International or Domestic