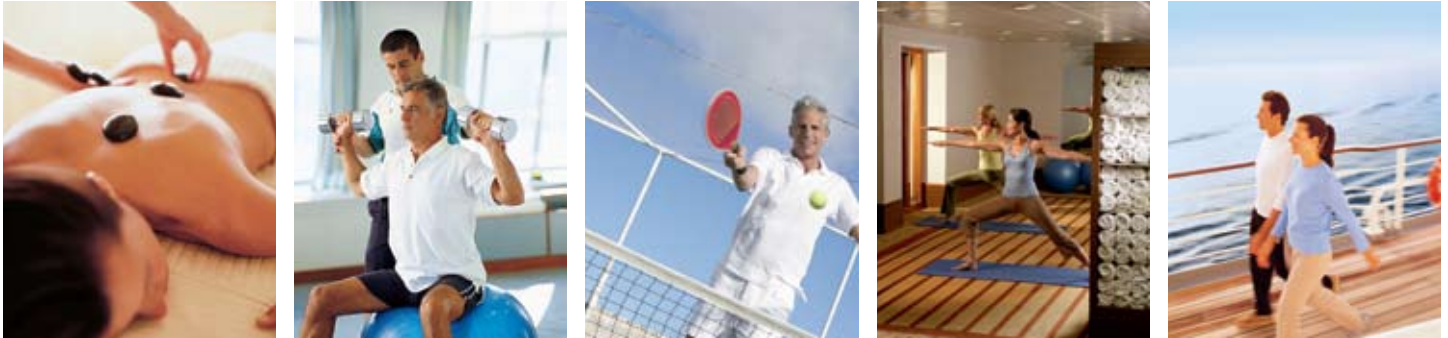


# Who says fitness and luxury holidays don't mix?

## TOP 10 WAYS TO STAY OR GET HEALTHY ON A CRYSTAL CRUISE



Crystal Cruises' professional fitness directors suggest numerous ways for travellers to maintain or even start a fitness regime on any one of the ultra-luxury line's worldwide voyages. In addition to using the cardio and weight equipment in the fully-equipped gym offering dramatic ocean views, Crystal encourages guests to enjoy other healthy activities on its award-winning ships, *Crystal Serenity* and *Crystal Symphony*:

- 1 Walk or jog around the **360-degree promenade deck** - in between **golf lessons** and paddle tennis games. Crystal's **Walk on Water®** weighted vests or brand new **Nordic Poles** will help maximize your workout.
- 2 Enjoy **fresh fruit** (always available in the Bistro) or one of the **freshly prepared salads** at the Trident Grill. Regardless where or what you choose to eat, all of Crystal's cuisine is **trans fat-free**.
- 3 Savour **Nobu's sushi** and **sashimi** at Silk Road, or **daily lighter fare** entrees, as a healthy alternative to richer dinner specialties.
- 4 Treat yourself to a **private training session**.
- 5 **Swim laps** in the large heated pool.
- 6 **Drink enough water** - there are always large complimentary bottles of water in your stateroom, and virtually everywhere else on board.
- 7 Wind up with a complimentary **aerobics class** or wind down with a complimentary **yoga class**.
- 8 Cleanse the body with **detoxifying body wraps** at the Feng Shui-inspired Crystal Spa.
- 9 **Kayak, hike, snorkel or walk** on Crystal Adventures ashore or explore on your own.
- 10 Heal and rejuvenate with onboard **acupuncture** treatments and **shiatsu massages**.

### 3 MIND, BODY & SPIRIT EXPERIENCES OF DISCOVERY

These voyages aboard *Crystal Symphony* feature workshops and classes from experts in Tai Chi, yoga and general health and fitness.

#### INDIAN OCEAN INSIGHT V0209: Singapore to Dubai

Departs 26 April, 16 days, cruise-only fares from US\$6,385\* per person (Cat. E)

#### PASSAGE OF THE VIKINGS V0221: London (Dover) to New York

Departs 5 September, 14 days, cruise-only fares from US\$5,190\* per person (Cat. E)

#### SUN & SPIRIT V0229: Round-trip Los Angeles

Departs 5 December, 7 days, cruise-only fares from US\$2,360\* per person (Cat. E)

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ANNIVERSARY

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- UP TO US\$2,000 PER COUPLE "ALL-INCLUSIVE. AS YOU WISH." SPENDING CREDITS
- AIR ALLOWANCE CREDIT on most 2010 voyages
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**Terms & Conditions:** \*Fares are per person in U.S. dollars, based on double occupancy for the first two full-fare guests in stateroom and include port security and handling charges which vary by departure. Single Traveller Fares are based on the cruise only fare: 125% for category C and E on Crystal Symphony (130% for World Cruise 2010 Voyages); 135% (140% for World Cruise 2010 Voyages) for categories B and A; 150% for category AA; 175% for category PH; 200% for categories PS and CP. Single Fares are capacity-controlled, and may be withdrawn at any time. Brochure Fares, in effect as of 21 September 2009, may not have resulted in actual sales. 2-for-1 Fares are per person based on 50% of Brochure Fares. The up to US\$2,000 "All-Inclusive. As You Wish." shipboard spending credit (based on double occupancy, up to US\$1,000 per person) is the maximum credit available and applies to the first two full-fare guests only, is non-transferable, cannot be used in the casino or for bingo, redeemed for cash or credit and cannot be applied as a deposit toward a future cruise. Air Allowance Credit applies to most 2010 voyages and credit sum varies dependant upon destination and accommodation category. The Crystal Assurance Plan Price Guarantee assures that you will receive the lowest Crystal Cruises published fare for your voyage; special programs as designated by Crystal Cruises may not apply. All promotions are capacity-controlled, subject to availability and may be withdrawn at any time without notice. Restrictions apply. See crystalcruises.com for complete terms and conditions of all offers. ©2009 Crystal Cruises, Inc., Ships' registry: The Bahamas. Issue date: 15 January 2010.