

ROYAL CARIBBEAN INTERNATIONAL®

OFFERS YOU A GOOD SWEAT!

*Play basketball or volleyball on our Sports Deck. Climb our signature rock wall. Take a **spinning** class. **Work out** with one of our fitness trainers or enjoy a **yoga** class with an ocean view.*

We offer so many sport and fitness choices that you'll break a sweat just trying to choose what to do next.

ShipShape® Fitness Center



Our fitness center has all the equipment and facilities that major sports clubs do: weight machines, free weights, stationary spin bikes, stair steppers, treadmills, sauna, whirlpool, steamroom, and thermal suites. Plus a sweeping ocean view that extends for miles. We also offer all the latest classes, from pilates to spinning to kickboxing for all levels, including: Aerobics in Motion, Shape up - Step up, Pathway to Yoga, Wheels in Motion and many more!

And for the first time on Royal Caribbean, the Freedom class ships feature the World's Largest Fitness Center at Sea and offer personal LCD screens on all cardio equipment to keep guests entertained while they are working out.

Sports Deck



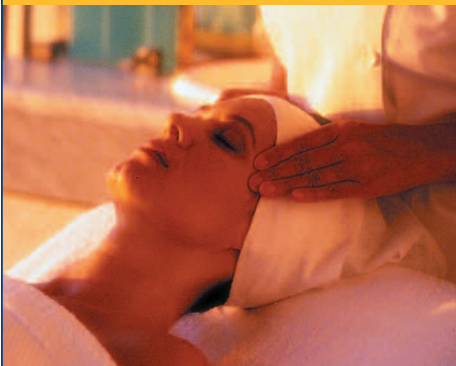
As if the adventure of cruising weren't enough, we pack even more adventure into our sports decks. We offer exciting, cutting-edge activities that put you right in the action. You can jog your morning mile in the middle of the ocean. Work on your swing in our golf simulators. Pick up a game of basketball or ping pong in the shadow of the sunset or roller blade along with a beautiful sea side view. With so many things to do, you won't just break out of routine, you will shatter it.

Rock Climbing Wall



Our signature rock-climbing walls are our most popular feature and are available on all Royal Caribbean cruise ships. They offer skill combinations for all levels, not to mention one of the best views from the ship. At 200 feet above sea level and towering 30 feet above the deck, our rock-climbing wall offers an incredible view and is one of the most popular onboard activities, for kids and adults. Royal Caribbean cruise ships are the only ones in the world to offer rock-climbing walls.

ShipShape® Day Spa



With so much to do onboard, plus countless adventures on land, remember to take time for yourself. Treat yourself to a pedicure or facial, or go for something you've never tried before, like a seaweed wrap or aroma stone therapy massage. Let us soothe your body, smooth your skin and send your mind to a sensory heaven. You may even surprise yourself. What seems fun and extravagant, is actually a pathway to your own personal well-being.

Boxing Ring



With Freedom's "Fight Klub," guests can test their chops with a variety of boxing-related activities, including one-on-one training sessions with an experienced instructor inside a full-size 20' by 20' Everlast boxing ring. Multiple Everlast speed bags, jump ropes, heavy bags and padded punching mitts are available. Additionally, groups of three people can partake in sparring sessions with free-standing body master bags, all supervised by an on-site boxing coach. Come take a punch on our Freedom-family ships.

FlowRider® Surf Pool



Only Royal Caribbean gives you the chance to surf onboard a ship. The FlowRider surf simulator attracts hundreds of eager surfers and oglers to the aft sports court each day. Even guests who never thought they'd try something like this are giving it a go. The sloped, wavelike surface of the FlowRider is perfect for beginning, intermediate and advanced surfers. And the surrounding stadium seating and bar is great for surveying the wipeouts. Try it out on our Freedom-family ships.

Experience your own virtual cruise adventure at:

www.royalcaribbean.com

For Reservations or Information, Please Call:



Get out there.®