

A dose of vitamin sea



For the 'do nothings,' the 'do somethings' and the 'do everything's,' our approach to well-being is to do whatever works best for you. With free group workouts and outdoor fitness spaces (the first of its kind on the open ocean), we're redefining how to take care of yourself at sea.

At Redemption Spa, our haven of tranquility and self-preservation, you can melt away in the mudroom, detox in the salt room, or float in the wellness pools until you've stopped aging entirely*.

*Okay, we haven't figured out how to stop the aging process. But we're working on it and we're confident we're close. We've gone to space, after all.



Fitness Classes Included

From barre and bungee to cycling and vinyasa flows — all group fitness classes are free for everyone.



Redemption Spa

From deep-tissue massages and hi-tech facials to a mudroom and hammam with a view — we call it Redemption for a reason.



The Athletic Club

Our outdoor fitness club comes complete with a boxing ring, training zone and unparalleled views of the sun-kissed horizon.



The Juicery Program

We've got pressed juices, smoothies, shakes, tonics and elixirs to help combat any of the more... indulgent decisions you might be making on board.



Rooftop Sunrise Yoga

Every day starts with sundrenched tree poses at The Perch (our outdoor yoga and meditation space) or take savasana with views of the rising sun from inside at B-Complex Gym.



The Runway

Our signature, Virgin-red running track forms a halo-like vision over the ship — allowing you to sweat, stroll or strut under the sun (or moon, if you so choose).

B-COMPLEX GYM
Build, burn and bike

THE RUNWAY
Outdoor jogging track

TRAINING CAMP
Group fitness area

THE PERCH
Outdoor yoga

REDEMPTION
Spa

THE ATHLETIC CLUB
Fitness haven

GYM & TONIC
Well-being zone and juice bar

THE DAILY MIX
Healthy Dishes

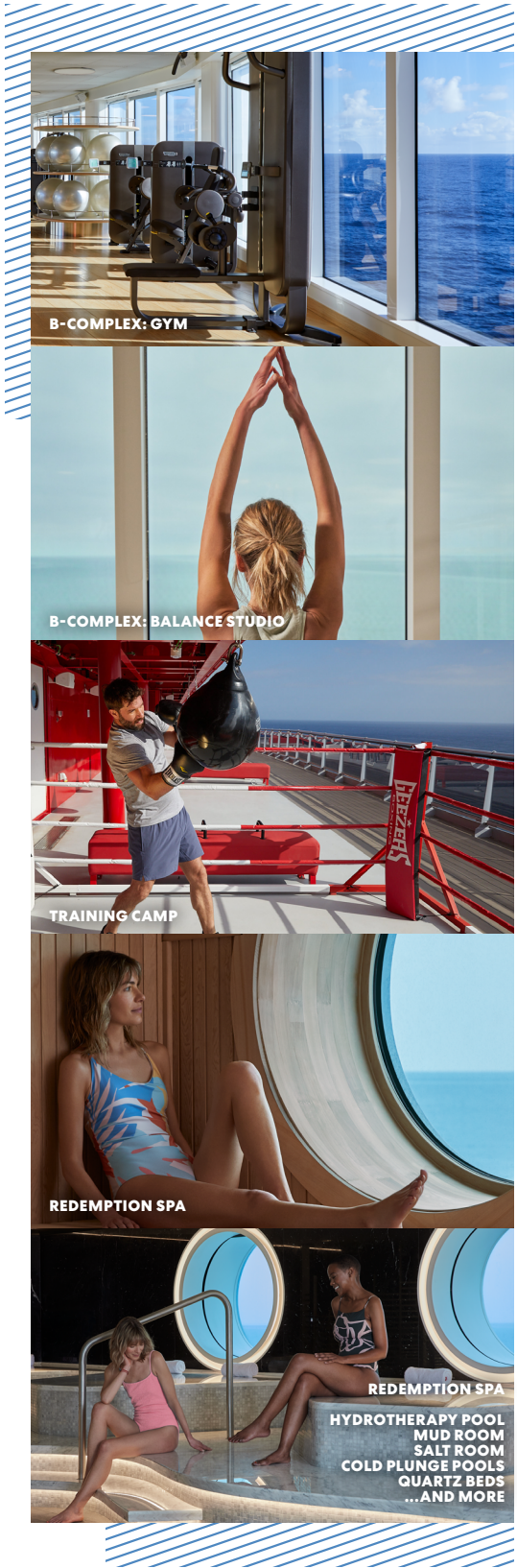
THE CABANAS
Private hideaways

THE SUN CLUB
Sun worship sanctuary

THE TUNE UP
Mani-pedi & medi spa

DRY DOCK
Salon and studio

STUBBLE & GROOM
Gentlemen's barbershop



B-COMPLEX: GYM

B-COMPLEX: BALANCE STUDIO

TRAINING CAMP

REDEMPTION SPA

REDEMPTION SPA

- HYDROTHERAPY POOL
- MUD ROOM
- SALT ROOM
- COLD PLUNGE POOLS
- QUARTZ BEDS
- ...AND MORE