



VIBE 28 AT SEA™

THE 28 MINUTES THAT ELEVATES YOUR VOYAGE.

Reset. Recharge. Sail. 🚢



ELEVATING FITNESS & WELLNESS. ONE WAVE AT A TIME.

Vibe 28 AT SEA is a turnkey, premium wellness activation designed specifically for cruise ships.



HIGH ENERGY
HIGH MARGIN



LOW STAFFING
OVERHEAD



HIGH REVENUE
YIELD PER SQ FT



NOT A GYM.
A MONETIZED
EXPERIENCE.

THE CONCEPT

High-Energy & High-Margin Format.
High Revenue Yield Per Square Foot.
Low Staffing Overhead.

This is Not a Gym Upgrade.
This is a Monetized
Guest Experience.

THE DIFFERENTIATOR

Traditional ship fitness:

- Treadmills
- Basic yoga
- Generic group classes

Vibe 28 AT SEA offers:

- ✓ Vibration-based biohacking training
- ✓ 28-minute efficient classes
- ✓ Recovery + detox programming
- ✓ One trained instructor model
- ✓ Small footprint / high yield
- ✓ Premium boutique energy & curated environment
- ✓ Compact, scalable setup



THE TURNKEY MODEL

WE BRING:

- ✓ 9-10 Power Plate® Pro5 units
- ✓ Dumbbells + small equipment
- ✓ Branded setup
- ✓ Cleaning + flow management
- ✓ Pre-programmed class schedule
- ✓ 1 Certified Vibe 28 instructor
- ✓ Class structure
- ✓ Low overhead staffing
- ✓ Compact layout

YOU PROVIDE:

- ✓ 900 - 1,100 sq ft space
- ✓ Power access
- ✓ Marketing support onboard



SINGLE INSTRUCTOR
OPERATIONAL MODEL
REDUCES PAYROLL COMPLEXITY

COMPACT. SCALABLE. TURNKEY.



900 - 1,100 SQ FT
FOOTPRINT



9 - 10 POWER PLATE®
PROS UNITS



1 CERTIFIED
INSTRUCTOR MODEL



EASY SETUP
& SANITATION



HIGH TURNOVER
HIGH ENGAGEMENT

OPERATIONAL EFFICIENCY & GUEST THROUGHPUT



CAPACITY DESIGN
10 Participants per class
High-Energy Boutique Environment
Ideal Group Size for Engagement



CLASS STRUCTURE
28 Minute Format
8-10 Classes Per Day Achievable
Designed Around Excursion Schedules



STAFFING SIMPLICITY
Single Certified Instructor Model
Low Payroll Complexity
Minimal Operational Oversight



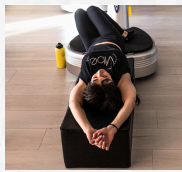
CURATED OFFERINGS



BOUTIQUE GROUP FITNESS

High-energy classes on Power Plates designed to be effective, efficient and intensified - scorching 3x the calories all in just 28 minutes.

PILATES | BARRE | HIIT | CARDIO KICKBOXING
CIRCUIT TRAINING | ZUMBA | YOGA



RESTORATIVE RECOVERY

Low impact recovery classes for deeper detox & recharge.

VIBE STRETCH | FOAM ROLL MELT
DETOX & RECOVER



ONE ON ONE TRAINING

Personalized coaching to target specific areas, get faster results and add an additional revenue for the studio.

HIGH TURNOVER. HIGH ENGAGEMENT. ONE EFFICIENT STAFF.

GUEST ACCESS OPTIONS



SINGLE CLASS
DROP-IN



MULTI-CLASS
PACKAGES



UNLIMITED CRUISE
WELLNESS PASS



PRIVATE TRAINING
SESSIONS



VIP SUITE
ENHANCEMENTS

REVENUE OPPORTUNITIES

- Premium per-class pricing
- 3-Class Packages
- Unlimited Cruise Passes
- Private Training Sessions
- Recovery & Detox Specialty Classes
- Branded Retail (apparel, caps, socks)
- Add-on to All-Inclusive Packages



WHY CRUISE LINES LOVE IT

- ✓ 28-minute efficient format - perfect for excursions schedule
- ✓ Low impact vibration = joint-friendly
- ✓ Recovery-focused options
- ✓ Easy flow & cleaning + sanitation
- ✓ Equipment secured & stable
- ✓ FDA-certified Power Plate units
- ✓ Compact equipment footprint
- ✓ One instructor = low overhead



BRAND POWER

Proven. Recognized. Trusted.



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