



MEDIA RELEASE

April 28, 2015

Shannan Ponton Hits the High Seas for Biggest Bootcamp at Sea

Guests on Carnival Cruise Line's two Australian ships will be put through their paces again this year when fitness and healthy living expert Shannan Ponton returns to the high seas.

Following the success of his Biggest Bootcamp at Sea cruises last year, Shannan will join Carnival Spirit and Carnival Legend to help guests find their own balance of holiday fun and a healthy lifestyle as they cruise from Sydney on July 8 and November 4, 2015.

On top of his legendary larger-than-life Bootcamp at Sea sessions, Shannan will also conduct motivational seminars to inspire cruisers with goal setting advice for fitness and life.

Guests are advised to keep their sneakers close, with Shannan also likely to surprise guests by leading one of his trademark spin classes or turning up for an early morning run around the outdoor jogging track.

Shannan said his involvement with Carnival's Biggest Bootcamp at Sea had been a highlight of last year.

"To see well over 500 people of all sizes, ages and abilities having an absolute blast on the top deck of Carnival Spirit blew me away. The energy, fun and passion was contagious and this year I'm keen to smash the record and get even more passengers involved," he said.

Shannan said he was looking forward to presenting a motivational seminar to help his fellow cruisers get the most from life. "It's going to be great for anyone who feels like they've fallen into a rut, had trouble sticking to eating and training plans or those who just need to reboot and fire up. There will even be a few hilarious stories and secrets from my career on The Biggest Loser – off the record of course."

Both local ships feature a world-class two-deck fitness centre with regular fitness classes, an outdoor jogging track and a sports court, as well as more than 45 daily activities offering something for everyone, no matter their holiday speed.

An eight-night Carnival Legend cruise to New Caledonia with Shannan is priced from \$949* per person twin share, departing Sydney on November 4. Shannan will also be onboard Carnival Spirit during a nine-night cruise to New Caledonia departing Sydney on July 8, priced from \$1204* per person twin share.

To get a taste of Shannan at sea, watch this fun [Bootcamp at Sea](#) video.

More details on Shannan's dedicated departures can be found [here](#). For more information call 13 31 94, see a travel agent or visit www.carnival.com.au

About Carnival Cruise Line

Carnival Cruise Line is the largest cruise line in the world with over four and a half million guests travelling every year. The cruise line has two ships based in Australia, Carnival Spirit – the largest and newest cruise ship to be based in Sydney year round – and sister ship Carnival Legend, sailing from Sydney each summer. With 45 activities from zen to adrenalin to enjoy each day, both ships offer fun-loving families and couples memorable and great value holidays.

Media Contact:

Libby Moffet/Emma Hartley

MG Media Communications

02 9904 0011