



## **Shannan Ponton Set to Motivate Carnival Cruisers in 2016**

January 11, 2016

Carnival Cruise Line's guests will have a helping hand with their health and fitness goals this year, following the return of fitness and healthy living expert Shannan Ponton to the cruise line's local ships.

Shannan will be helping guests maintain their exercise and nutrition objectives on two cruises from Sydney in April and November, offering a brand new nutrition advice seminar, in addition to his popular Biggest Bootcamp at Sea classes and motivation seminars.

Carnival Spirit and Carnival Legend 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.

Carnival Spirit's 10-night cruise to New Caledonia and Vanuatu with Shannan is priced from \$1149\* per person twin share, departing Sydney on April 15. Shannan will also be onboard Carnival Legend for a 10-night cruise to New Caledonia and Vanuatu departing Sydney on November 26, priced from \$1249\* 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](http://www.carnival.com.au)**

\*subject to availability, conditions apply.

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