

## Press Release



### **AIDAaura: Waikiki Lounge for teens and new fitness options**

Guests can expect numerous updates after AIDAaura's scheduled stay at the shipyard / it is also sporting its first ever ecofriendly "cradle-to-cradle" carpeting

After spending some scheduled time at the shipyard in Triest from April 18-28, 2013, AIDAaura boasts even more attractive leisure activity options: In addition to a lounge for teens, AIDA guests will be able to use the new state-of-the-art cardio and weight training equipment in the AIDA Body & Soul fitness area. Art lovers will get a kick out of the new art gallery.

The Waikiki Teens Lounge on Deck 10 is a retreat specifically for teenagers and even looks like a Hawaiian beach bar. It has a sail on the ceiling and is decorated with surfboards, lots of wood, palm trees, and comfy beanbag chairs - perfect for hanging out with friends. Young guests can participate in the lounge's DJ workshops and try their hand at mixing tunes for rocking party sound. It also has a Nintendo Wii so teens can have a great time interacting with other teens.

AIDA guests who are sports enthusiasts can look forward to new state-of-the-art cardio and weight training equipment in the AIDA Body & Soul fitness area. When spinning with the MyRide system while being motivated by a virtual trainer against the backdrop of incredible scenery, cyclists can do some endurance training for the next excursion. Guests can also train their upper bodies with kranking cycles. These cycles work like regular bicycles, but they have crank handles instead of pedals. Qualified trainers ensure optimum support. Upon request, we can develop individual training and metabolic-based nutrition plans, also according to the metabolic balance plan of the German Nutrition Society. In addition to the popular Power Plate training, the TRX suspension training is another fitness trend now being offered by the AIDA Body & Soul personal trainers. TRX is a full body workout that trains all muscle groups using a person's own body weight. The extensive range of sports activities on AIDAaura is also complemented by up to 35 fitness and relaxation classes a week. For the most part, these classes are free of charge as is the use of the sports equipment.

Modern art lovers will be drawn to the new AIDA art gallery. In addition to famous painters such as James Rizzi, Romero Britto, Udo Lindenberg, or Feliks Büttner, the gallery also has many works by younger artists so the collection on display can be constantly changed. AIDAaura now also has blind date art auctions for fun entertainment.

Sustainably produced carpeting has also been newly installed in certain areas on AIDAaura. AIDA Cruises is one of the first cruise lines to start equipping their ships with this so-called "cradle-to-cradle" carpeting. This carpeting is made from ecofriendly and recyclable materials that can be biologically or technically recycled after reaching the end of its useful life. The same is true for about 1,800 m<sup>2</sup> of AIDAaura's old carpeting. This old carpeting was recycled and used as high caloric fuel for cement production.

Rostock, 4/29/2013

Issuer:  
AIDA Cruises  
Am Strande 3d | 18055 Rostock  
Tel.: +49 (0) 381 / 444-0  
Fax: + 49 (0) 381 / 444-88 88  
www.aida.de

Communication:  
Hansjörg Kunze  
Vice President PR & Communication  
Tel.: +49 (0) 381 / 444-80 20  
Fax: + 49 (0) 381 / 444-80 25  
presse@aida.de