

# April Wellness Activity

¥ Paid Program(Reservation Required) Inquiries:Stay Guest Dial 9

|      | Friday  |      | Saturday  |      | Sunday  |
|------|---|------|---|------|---|
| 3rd  | 5:15 pm - 5:45 pm<br>SUP Trial Course¥<br>Intensity★☆☆    | 4th  | 5:15 pm - 6:15 pm<br>Seaside Running¥<br>Intensity★★☆ | 5th  | 5:15 pm - 6:00 pm<br>Sunset YOGA ¥<br>Intensity★☆☆          |
| 10th | 5:15 pm - 5:45 pm<br>SUP Exercise ¥<br>Intensity★★☆       | 11th | 5:15 pm - 6:00 pm<br>SUP YOGA ¥<br>Intensity★★☆       | 12th | 5:15 pm - 5:45 pm<br>Balance Ball Exercise¥<br>Intensity★★☆ |
| 17th | 5:00 pm - 5:30 pm<br>Battle Rope Workout¥<br>Intensity★★★ | 18th | 5:15 pm - 5:45 pm<br>SUP Exercise ¥<br>Intensity★★☆   | 19th | 5:30 pm - 6:15 pm<br>Sunset YOGA ¥<br>Intensity★☆☆          |
| 24th | 5:15 pm - 5:45 pm<br>SUP Trial Course¥<br>Intensity★☆☆    | 25th | 5:00 pm - 5:30 pm<br>Martial Shape¥<br>Intensity★★☆   | 26th | 5:00 pm - 5:30 pm<br>Relaxation Stretch ¥<br>Intensity★☆☆   |

<Wellness Program Details> Cascade Pool - Poolside Counter

Reception: Depends on the program

Venue: Must be age 16 years or older

Participants: Until 30 minutes before the program start time on the day.

Reception closing time:

<Notice>

There is a limit of capacity for each program. Prior reservations is recommended.

Program schedule may changed or become cancel due to weather conditions.

※Morning hour programs will be determined by 6pm of the day before.

Afternoon and evening hour programs will be determined by 12pm that day.

<Program>

Intensity

|                       |     |   |
|-----------------------|-----|---|
| Relaxation Stretch    | ★☆☆ | Stretches the muscles of the whole body in a well-balanced manner and leads to a relaxed state both physically and mentally. (30 min)     |
| Battle Rope Workout   | ★★★ | Just hold the rope in each hand, and move it rhythmically up and down! (30 min)   |
| Martial Shape         | ★★☆ | Fitness program inspired by kickboxing and boxing. (30 min)   |
| Balance Ball Exercise | ★★☆ | The balance ball stimulates the inner muscles of the trunk and corrects the distortion of the body. (30min)                               |
| Sunset YOGA           | ★☆☆ | Beginners are welcome. Relax with gentle yoga against the setting sun. (45 min)   |
| Fitness Camp          | ★☆☆ | By moving in a fun way, the function of the body improves, anyone can smile naturally, and refresh the mind and body. (45 min) *Minimum 4 |
| Seaside Running       | ★★☆ | We offer two options to suit your fitness level: the 3 km Araha Course or the 4-6 km Sunabe Course. (1 hour)                              |
| SUP Activity          | ★☆☆ | Three courses are available, designed to match your experience level in activities, exercise, and yoga. (From 30 min)                     |

