

August

Wellness Activity Schedule

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
										8:00 8:30	1 SUP Trial Course	8:00 8:30	2 SUP Exercise
3		8:00 8:30	4 SUP Trial Course		5	7:45 8:30	6 SUP YOGA	8:00 8:30	7 SUP Exercise	8:00 8:30	8 SUP Exercise	8:00 8:30	9 SUP Trial Course
8:00 8:30	10 SUP Exercise		11	7:45 8:30	12 SUP YOGA		13	8:00 8:30	14 SUP Trial Course	8:00 8:30	15 SUP Trial Course	8:00 8:30	16 SUP Exercise
	17	8:00 8:30	18 SUP Trial Course		19	8:00 8:30	20 SUP Trial Course	8:00 8:30	21 SUP Exercise	7:45 8:30	22 SUP YOGA	8:00 8:30	23 SUP Trial Course
8:00 8:30	24 SUP Exercise		25	8:00 8:30	26 SUP Trial Course		27	8:00 8:30	28 SUP Trial Course	8:00 8:30	29 SUP Exercise	7:45 8:30	30 SUP YOGA
	31												

Inquiry Hotel Guests: Dial extension 9 Visitors: 098-901-1111 (Main Line)
Reception: Cascade Pool - Poolside Counter ✕Reservation required
Price : SUP Trial Course & SUP Exercise 3,500JPY / SUP YOGA 4,500JPY
Participants: Must be age 16 years or older
There is a limit of capacity for each program. Prior reservations is recommended.
✕For the SUP program only, reservations must be made by 6:00 PM on the day before.
Program schedule may changed or become cancel due to weather conditions.
✕Morning hour programs will be determined by 6pm of the day before.

- SUP Trial Course
- SUP Exercise
- SUP YOGA
- Relaxation Stretch
- Battle Rope Workout
- Martial Shape
- Balance Ball Exercise
- Sunset YOGA
- Seaside Running

- Intensity
- ☆☆☆
- ★★☆
- ★★★
- ★☆☆
- ★★★
- ★★☆
- ★★☆
- ★☆☆
- ★★☆

Once you have mastered the basics, from standing practice to cruising, you can try your hand at balance games! (3,500JPY : 30 min)
Try a simple workout on the SUP. (3,500JPY : 30 min)
After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY : 45 min)
Stretches the muscles of the whole body in a well-balanced manner and leads to a relaxed state both physically and mentally. (30 min)
Just hold the rope in each hand, and move it rhythmically up and down! (30 min)
Fitness program inspired by kickboxing and boxing. (30 min)
The balance ball stimulates the inner muscles of the trunk and corrects the distortion of the body. (30min)
Beginners are welcome. Relax with gentle yoga against the setting sun. (45 min)
We offer two options to suit your fitness level: the 3 km Araha Course or the 4–6 km Sunabe Course. (1 hour)

