

# December

# Wellness Activity Schedule

¥ : Paid Program ※ Reservation required. K: For Kids  
 <Inquiries> Dial 9

SUN	MON	TUE	WED	THR	FRI	SAT		
	1	2	3	4	5	6		
		9:00am 9:30am	SUP Exercise ¥ Intensity★★★		9:00am 9:30am	SUP Exercise ¥ Intensity★★★	9:00am 10:00am	Seaside Running ¥ Intensity★★★
	4:30pm 5:00pm	SUP Trial Course ¥ Intensity★★★		4:30pm 5:00pm	SUP Trial Course ¥ Intensity★★★		4:30pm 5:00pm	SUP YOGA ¥ Intensity★★★
7	8	9	10	11	12	13		
9:00am 9:30am			9:00am 9:30am	SUP Trial Course ¥ Intensity★★★			9:00am 9:30am	Balance Ball Exercise ¥ Intensity★★★
4:30pm 5:15pm	Sunset YOGA ¥ Intensity★★★	4:30pm 5:00pm	SUP Exercise ¥ Intensity★★★		4:30pm 5:00pm	SUP Exercise ¥ Intensity★★★	4:30pm 5:00pm	SUP Trial Course ¥ Intensity★★★
14	15	16	17	18	19	20		
9:00am 9:30am			9:00am 9:30am	SUP Exercise ¥ Intensity★★★			9:00am 9:30am	Battle Rope Workout ¥ Intensity★★★
4:30pm 5:15pm	Sunset YOGA ¥ Intensity★★★	4:30pm 5:00pm	SUP Trial Course ¥ Intensity★★★		4:00pm 4:45pm	SUP YOGA ¥ Intensity★★★	4:30pm 5:00pm	SUP Trial Course ¥ Intensity★★★
21	22	23	24	25	26	27		
9:00am 9:45am			9:00am 9:30am	SUP Trial Course ¥ Intensity★★★			9:00am 9:30am	Balance Ball Exercise ¥ Intensity★★★
4:30pm 5:00pm	Martial Shape ¥ Intensity★★★	4:30pm 5:00pm	SUP Exercise ¥ Intensity★★★		4:30pm 5:00pm	SUP Exercise ¥ Intensity★★★	4:00pm 4:45pm	SUP YOGA ¥ Intensity★★★
28	29	30	31					
9:00am 9:30am			9:00am 9:30am	SUP Exercise ¥ Intensity★★★	9:00am 9:30am	SUP Trial Course ¥ Intensity★★★		
4:00pm 5:00pm	Seaside Running ¥ Intensity★★★	4:30pm 5:00pm	SUP Trial Course ¥ Intensity★★★		3:00pm 4:30pm	108 Sun Salutations ¥ Intensity★★★		

<Wellness Program Details>    \*Reservation required.    \*Minimum number of participants : 2  
 Price : Guests 1,000JPY (Tax included)/Visitors 2,000JPY (Tax included)    \*Some programs have different fees.  
 Reception : Indoor Pool - Poolside Counter    \*Please arrive 5 minutes before the start time.  
 Venue : Depends on the program  
 Participants : Must be 16 years old or older.

Reservation acceptance deadline: 30 minutes before the program starts.  
 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 helps correct body distortion. (30 min)  
 Sunset YOGA    Beginners are welcome. Relax with gentle yoga as the sun sets. (45 min)  
 Fitness Camp    By moving in a fun way, the body's functions improve, anyone can smile naturally, and refresh the mind and body. (45 min) \*Minimum number of participants: 4  
 Seaside Running    Choice of two oceanfront jogging courses (Araha Course: 3 km / Sunabe Course: 4-6 km).  
 SUP Trial Course    Once you have mastered the basics, from standing practice to cruising, you can try your hand at balance games! (3,500 JPY)  
 SUP Exercise    Try a simple workout on the SUP. (3,500 JPY)  
 SUP YOGA    After practicing the basics of SUP, participants will try yoga poses. (4,500 JPY)  
 <Special Program>  
 108 Times Sun Salutation    Each of the 10 poses uses every part of your body and also makes you feel relaxed. \*Special Price! Free of charge for guests.

<Notice> There is a capacity limit for each program. Advance reservations are recommended. Program schedules may change or be canceled due to weather conditions.  
 \*Morning programs will be confirmed by 6:00 PM on the previous day. Afternoon and evening programs will be confirmed by 12:00 PM on the same day.  
 Inquiries : Please dial '9' from your room phone for any inquiries. 【Visitors】 098-901-1111



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