January Wellness Activity Schedule

¥ Paid Program ※Reservation required.
＜Inquiries＞Stay Guests＝Dial 9

日	月	火	水	木	金	土
				1	2	3
						10:00am 10:30am Martial Shape¥ Intensity★★☆
				4:00pm 4:45pm SUP YOGA¥ Intensity★★☆	4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆	4:30pm 5:00pm SUP Exercise¥ Intensity★★☆
4	5	6	7	8	9	10
9:00am 9:30am SUP Trial Course¥ Intensity★☆☆		9:00am 9:30am SUP Trial Course¥ Intensity★☆☆		9:00am 9:30am SUP Trial Course¥ Intensity★☆☆		10:00am 10:30am 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★★☆		4:00pm 4:45pm SUP YOGA¥ Intensity★★☆	4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆
11	12	13	14	15	16	17
9:00am 9:30am SUP Exercise¥ Intensity★★☆		9:00am 9:30am SUP Exercise¥ Intensity★★☆		9:00am 9:30am SUP Exercise¥ Intensity★★☆		10:00am 10:30am Relaxation Stretch¥ Intensity★☆☆
4:45pm 5:30pm Sunset YOGA¥ Intensity★☆☆	4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆		4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆		4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆	4:30pm 5:00pm SUP Exercise¥ Intensity★★☆
18	19	20	21	22	23	24
9:00am 9:30am SUP Trial Course¥ Intensity★☆☆		9:00am 9:30am SUP Trial Course¥ Intensity★☆☆		9:00am 9:30am SUP Trial Course¥ Intensity★☆☆		10:00am 10:30am Balance Ball Exercise¥ Intensity★★☆
4:30pm 5:30pm Seaside Running¥ Intensity★★☆	4:30pm 5:00pm SUP Exercise¥ Intensity★★☆		4:30pm 5:00pm SUP Exercise¥ Intensity★★☆		4:00pm 4:45pm SUP YOGA¥ Intensity★★☆	4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆
25	26	27	28	29	30	31
9:00am 9:30am SUP Exercise¥ Intensity★★☆		9:00am 9:45am SUP YOGA¥ Intensity★★☆		9:00am 9:30am SUP Exercise¥ Intensity★★☆		10:00am 10:30am Battle Rope Workout¥ Intensity★★★
4:45pm 5:30pm Sunset YOGA¥ Intensity★☆☆	4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆		4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆		4:30pm 5:00pm SUP Trial Course¥ Intensity★☆☆	4:30pm 5:00pm SUP Exercise¥ 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 starting time.
Venue ：Depends on the program
Participants ：Must be age 16 years or older.
Reservation acceptance end time： Until 30 minutes before the program start time on the day.

Relaxation stretch	Stretches the muscles of the whole body in a well-balanced manner and leads to a relaxed state both physically and mentally.(30min)
Battle Rope Workout	Just hold the rope in each hand, and move it rhythmically up and down!(30min)
Martial Shape	Fitness program inspired by kickboxing and boxing.(30min)
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. (45min)
Fitness Camp	By moving in a fun way, the function of the body improves, anyone can smile naturally, and refresh the mind and body.(45min) **(※Minimum number of participants：4)**
Seaside Running	Choice of 2 oceanfront jogging course (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! (30min/3,500JPY)
SUP Exercise	Try a simple workout on the SUP. (30min/3,500JPY)
SUP YOGA	After practicing the basics of SUP, participants will try their hand at YOGA poses. (45min/4,500JPY)

＜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.
Inquiries：Please feel free to dial '9' from your room phone for any inquiries. Visitors＝098-901-1111

Hilton OKINAWA CHATAN RESORT
DOUBLETREE by Hilton OKINAWA CHATAN RESORT