

July

Wellness Activity Schedule

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
				8:00 8:30	1 SUP Trial Course		2	8:00 8:45	3 SUP YOGA	8:00 8:30	4 SUP Exercise	18:00 18:30	5 Martial Shape
	6	8:00 8:30	7 SUP Trial Course		8	8:00 8:30	9 SUP Exercise	18:15 19:00	10 Sunset YOGA	18:00 18:30	11 Balance Ball Exercise	8:00 8:45	12 SUP YOGA
18:00 19:00	13 Seaside Running		14	8:00 8:30	15 SUP Trial Course		16	8:00 8:30	17 SUP Exercise	18:15 19:00	18 Sunset YOGA	8:00 8:30	19 SUP Trial Course
	20	8:00 8:30	21 SUP Trial Course		22	8:00 8:30	23 SUP Exercise	8:00 8:30	24 SUP Trial Course	18:00 18:30	25 Battle Rope Workout	8:00 8:45	26 SUP YOGA
8:00 8:30	27 SUP Exercise		28	8:00 8:30	29 SUP Exercise		30	18:00 18:30	31 Relaxation Stretch				

Detail

Inquiry Hotel Guests: Dial extension 9 Visitors: 098-901-1111 (Main Line)
Reception: Cascade Pool - Poolside Counter ※Reservation required
Price : Guests 1,000JPY (Tax included) / Visitors 2,000JPY (Tax included)
※Some programs have different fees.
Venue: Depends on the program
Participants: Must be age 16 years or older ※Minimum number of participants:2
Reception closing time: Until 30 minutes before the program start time on the day.

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

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

Intensity

★☆☆ 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)
★☆☆ 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
★★☆☆ We offer two options to suit your fitness level: the 3 km Araha Course or the 4–6 km Sunabe Course. (1 hour)
★☆☆ 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)

※For the SUP program only, reservations must be made by 6:00 PM on the day before.

