

June

Wellness Activity Schedule

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

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

Yuru YOGA

Fitness Camp

Seaside Running

SUP Trial Course

SUP Exercise

SUP YOGA

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

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)

★☆☆

A relaxing yoga session that avoids intense poses, focusing on deep breathing to release tension in both the mind and body. (30min)

★☆☆

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)

