

# May

# Wellness Activity Schedule

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

## Detail

Reception: Cascade Pool - Poolside Counter

Venue: Depends on the program

Participants: Must be age 16 years or older

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 Activity

## 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)

★☆☆

Three courses are available, designed to match your experience level in activities, exercise, and yoga. (From 30 min)

