November Wellness Activity Schedule

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

Inquiry Hotel Guests: Dial extension 9 Visitors: 098-901-1111 (Main Line)
Reception: Cascade Pool - Poolside Counter ※Reservation required
Price：Guests 1,000JPY / Visitors 2,000JPY ※Some programs have different fees.
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.
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.
For the SUP program only, reservations must be made by 6pm on the day before.

	Intensity	
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 corrects the distortion of the body. (30min)
Sunset YOGA	★☆☆	Beginners are welcome. Relax with gentle yoga against the setting sun. (45 min)
Seaside Running	★★☆	We offer two options to suit your fitness level: the 3 km Araha Course or the 4–6 km Sunabe Course. (1 hour)
SUP Trial Course	★☆☆	Once you have mastered the basics, from standing practice to cruising, you can try your hand at balance games! (3,500JPY : 30 min)
SUP Exercise	★★☆	Try a simple workout on the SUP. (3,500JPY : 30 min)
SUP YOGA	★★★	After practicing the basics of SUP, participants will try their hand at YOGA poses. (4,500JPY : 45 min)







