

CLUB OLYMPUS

FITNESS

Lessons at Club Olympus

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
12:00											
13:00	<div style="border: 2px solid orange; border-radius: 50%; padding: 20px; text-align: center;"> Please feel free to ask for our associates for a one-on-one stretching session before training or for consultations on daily exercises. </div>										
14:00								14:00 ~ 14:45 Swimming		13:00 ~ 14:00 Aerobics	13:00 ~ 14:00 Body Maintenance
15:00										14:30 ~ 15:30 Yoga	14:30 ~ 15:30 Yoga
16:00											
17:00											
18:00											
19:00		19:00 ~ 19:45 Basic Strength Training		19:00 ~ 19:45 Swimming							
20:00											

Basic Strength Training

< Instructor changes weekly >

Use balance balls and tubes to increase basal metabolism and develop abdominal muscles and lower limbs.

Swimming

Instructor : *Koji Ibi*

Learn basic swimming techniques with emphasis on correct form; available for beginners and intermediate swimmers.

Yoga (Saturday)

Instructor : *Chiaki Masui*

Relax your body while feeling the rhythm of your breathing. Release tension from your mind and soul to promote health.

Aerobics

Instructor : *Mikiko Sumi*

Enjoy aerobic exercise featuring a rhythmic pace set to music.

Yoga (Sunday)

Instructor : *Chie Tanaka*

Through gentle yoga, release stress by harmonizing your breathing.

Body Maintenance

Instructor : *Shinnosuke Tatsumi*

Alleviate back pain and stiff shoulders by relaxing the body and staying focused on your core. This class also incorporates motion and maintaining good posture.

※ Lessons are offered at various levels. Personal programs are also available with charge. Please ask Club Olympus staff for more details.

※ Please note that the above schedule may be changed or cancelled under certain circumstances.

※ We purify the air in the session room after every lesson.

※ **Maximum number of participants for one lesson is six persons. Should you have any inquiries, please inquire at the reception.**

Also, please note that we do not accept inquiries by phone. Thank you very much for your kind understanding in advance.