

## WELLNESS ACTIVITY

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## DURATION / CAPACITY

## AGE / PRICE

## INFORMATION

From November 1st 2025 to March 31st 2026

### Pricing & Reservation

- \*All prices are including consumption tax. Service charge will be charged separately.
- \*There may be a difference in the total amount due to the accounting system.
- \*All programs are required to be reserved by 7 pm of the previous day.

### Cancellation & Changes

- \*★ Mark programs are subject to cancel due to the weather conditions the day before.
- \*Please be informed reservations may not be available due to a limited capacity or an equipment availability.
- \*Please note that the location may change due to weather or other reasons.
- \*All activities are subject to change or cancel without a notice or due to the weather conditions and equipment availabilities.
- \*We reserve the right to refuse participation in consideration of the guests' health conditions.

### Contact us

Seragaki Island Marine & Activity Club  
Tel : 098-960-4287 / Mail: seragaki.wellness@hyatt.com

### More Info



**HYATT REGENCY™**  
SERAGAKI ISLAND, OKINAWA

### Tent Sauna <11/1~3/31 \*Excluded dates: 12/1-5, 3/13-19>

This winter in Seragaki, enjoy a wellness experience that relaxes both body and mind. Warm up in a Finnish-style tent sauna with a wood-burning stove, then cool down in the seawater infinity pool “Lagoon.” Unwind with open-air relaxation under the clear sky. Surrounded by Okinawa’s beautiful scenery, it’s the perfect way to refresh your senses.

11:00 / 13:00  
15:00 / 17:00  
90 mins / 1-6 People  
\*Guests may be seated with others.

Ages 13+  
1 Person / ¥ 5,400  
2 People / ¥ 9,800

### Awamori Making Tour in Onna <NEW>

Join a tour of Onna Distillery, the only awamori distillery in Onna Village. Discover how Manza, a popular Okinawan awamori, is made through traditional steps like washing rice, steaming, and distilling. After exploring the production area, enjoy a tasting session of Manza, the same awamori served in the restaurant. It’s a great chance to experience Okinawa’s rich tradition and learn more about this unique local spirit.

9:00~15:30 Weekdays only  
60 mins / 1-9 People  
\* Closed on national holidays and the New Year holidays.

Age 6+ / ¥ 4,500  
\*Guests under 20 can join, but cannot participate in the tasting.

### SUP Fitness ★

Wake up your body and mind with a morning paddleboard exercise at the resort. Float on the crystal-clear sea, move your whole body while finding balance, and naturally strengthen your core. As you gaze at the stunning scenery and listen to the gentle sound of the waves, the sea breeze will leave you feeling refreshed inside and out.

9:30~10:15  
45 mins / 1-4 People

Ages 12+ / ¥ 5,800

### Seragaki Morning Yoga ★

Start your day feeling refreshed with a gentle morning yoga session, freeing your mind and body while soaking in the crisp ocean breeze. Through deep breathing and slow movements, you’ll naturally tune into the rhythm of nature, helping your mind find calm. Surrounded by the peaceful sounds of the morning and views of the open sky and sea, enjoy a quiet moment to reconnect with yourself.

8:00~9:00  
60 mins / 2-3 People

Ages 12+ / ¥ 3,600

### Jogging

Aerobic exercise is an easy way to get moving, burn fat, and help prevent lifestyle-related diseases. It also improves cardiovascular function and boosts metabolism, making it great for maintaining overall health. Whether you’re a beginner or experienced, you can adjust the intensity to match your fitness or running level, so it’s easy to continue at your own pace without overdoing it.

9:00~17:00  
60~90 mins / 1-5 People

Ages 16+  
¥ 4,000 for 60 mins  
¥ 5,400 for 90 mins





### Manzamo Cycling

This aerobic activity stands out for letting you enjoy the sea breeze and views while staying active. It also helps improve focus, reduce stress, and is gentle on the knees.

9:00~17:00  
90 mins / 1-4 People

Ages 10+ / ¥ 5,000  
\*Includes admission fee.



### <SDGs> Coral Planting Experience Tour

Explore Onna Village by electric bike and join a coral planting experience. Before the activity, you'll receive a lecture on coral conservation and learn about efforts to protect the ocean.

9:00 / 14:30  
120 mins / 2-5 People  
\*Reservation by 5 PM day before.  
Some dates excluded.

Ages 8+ / ¥ 9,800  
\*Includes participation fee.



### Limestone Cave Exploration Tour

Explore a sacred cave, where the absence of sunlight creates a mysterious atmosphere. Discover the stunning stalactites and search for the natural creatures that inhabit the cave.

9:00~17:00  
90 mins / 1-4 People

Ages 6-11 / ¥ 3,500  
Ages 12+ / ¥ 5,000  
\*Includes admission and insurance fees.



### Backache Prevention & Stiff Shoulder Exercise

The instructor will guide you through effective stretches to prevent back pain and simple exercises to strengthen your body.

9:00~17:00  
30 mins / 1-4 People

Ages 16+ / ¥ 3,600



### Core Training

Training your core awakens your body's natural posture, boosts your metabolism, and enhances your balance, helping you feel stronger and more aligned.

9:00~17:00  
30~60 mins / 1-4 People

Ages 16+  
¥ 3,600 for 30 mins  
¥ 6,200 for 60 mins



### Stretch Pole Exercise

Use stretch poles to reset your body from the strain of daily life, restoring it to its natural, neutral state for improved alignment and relaxation.

9:00~17:00  
30~60 mins / 1-3 People

Ages 16+  
¥ 3,600 for 30 mins  
¥ 6,200 for 60 mins



### Balance Ball Exercise

Performing exercises on an unstable ball activates the trunk muscles, effectively strengthening the core by combining balance and resistance to target deep stabilizing muscles.

9:00~17:00  
30~60 mins / 1-3 People

Ages 16+  
¥ 3,600 for 30 mins  
¥ 6,200 for 60 mins



### First Badminton Class in SERAGAKI

Experience the thrill of badminton with a former corporate player and international tournament champion. Feel the intense speed and excitement firsthand.

9:00~17:00 Weekdays only  
60 mins / 2-10 People

Ages 8+ / ¥ 4,500



### Conditioning Training

Address your body's weaknesses and bring it to peak condition with personalized exercises designed to improve posture and correct any dysfunctions.

9:00~17:00  
60 mins / 1 Person

Ages 16+ / ¥ 7,200

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