

## FITNESS -PERSONAL WORKOUT-

Covering a spacious 1,350 square meters on the 37th floor, AO Spa & Club's fitness facility is equipped with the most advanced cardio and strength training machines, a 20-meter swimming pool, a unique carbonated pool, a floating jet pool and a bade pool. Our experienced fitness instructors work one on one with each guest to create a workout program designed specifically for you.

**Personal Training** JPY 7,700 (30 min) | JPY 15,400 (60 min)

Our experienced and certified fitness instructors are available for one on one and group training sessions to help you achieve your fitness and wellness goals.

**Support Stretch** JPY 7,700 (30 min) | JPY 15,400 (60 min)

Stretching session to ease muscle tension, increase flexibility and promote energy flow through the body. Ideal for post training.

**Swim Style** JPY 7,700 (30 min) | JPY 15,400 (60 min)

Private swimming lessons for beginner and intermediate swimmers. Tailored to your individual level, from improving aqua walking techniques to fine-tuning swimming strokes.

The prices listed (tax included) are subject to a 15% service charge.

