

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.

