

PERSONAL TRAINING PROGRAM

Breathing and Meditation Personal Training

Ideal for relieving stress, boosting concentration, and focusing the mind on the present state, performing meditation, and breathing exercises in tandem help to calm the body which then brings the mind into a state of peacefulness and tranquility. Focusing on breathwork while meditating helps to control the mind and keep it from wandering.

Resistance Training

Resistance training is a type of strength training that uses weights for resistance. Weight training challenges your muscles by forcing them to adapt to the stress of the weights. Resistance training can help you tone your muscles, improve your appearance and fight age-related muscle loss.

Stretching

Stretching improves posture, body image and athletic performance. Stretching lessons feature a variety of stretches that promote relaxation, reduce stress and relieve pain.

Yoga

Yoga is unique in that it works on every aspect of the physical body, building up strength, stamina, toning and flexibility and improving the mental body through concentration, awareness and the ability to simply relax.

Pilates

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates also increases circulation and helps to sculpt the body and strengthen the body's "core" or "powerhouse" (torso).

Swimming Lesson

A private lesson to improve your swimming ability and assist with reaching your fitness goals.

Jogging or Walking Lesson

Jogging and walking are good exercises for building muscle tone and stamina. This lesson is conducted around the Imperial Palace.

Personal Training Price List

As of April 2022

	30 minutes	45 minutes	60 minutes	90 minutes
Meditation	¥7,590	-	-	-
Resistance Training		¥11,385	¥15,180	¥22,770
Stretching	¥7,590	¥11,385	-	-
Yoga / Pilates	¥7,590	¥11,385	¥15,180	-
Swimming	¥7,590	¥11,385	¥15,180	-
Jogging / Walking	-	-	¥15,180	¥22,770

*Prices are inclusive of 10% consumption tax and 15% service charge.

*Personal training workouts are available daily from 11:00 am to 3:00 pm.