

THE SPA ESPACIO MEIKAN

FITNESS MENU

PRIVATE LESSONS

Personalized Training

30 min ¥7,000
60 min ¥13,000

Receive one-on-one guidance in this personalized training session designed just for you. Whether your goal is weight loss, improving your posture, or enhancing your golf performance, our expert trainers are here to help you achieve your desired results.

Location: 3F Fitness Gym

* Reservations are accepted at any time.

Personalized Stretching

30 min ¥7,000
60 min ¥13,000

Experience fully personalized body care in this one-on-one session, where our trainers gently stretch your muscles. The class targets deep muscles that are hard to reach on your own, relieving tension, promoting circulation, and realigning your body from the inside out. Improve your flexibility and restore your body's natural movement and lightness.

Location: 3F Fitness Gym or 4F Poolside

* Reservations are accepted at any time.

Personalized Yoga

30 min ¥7,000
60 min ¥13,000

Relax both your body and mind and restore balance from within through gentle movements and mindful breathing. Each session is tailored to you, quietly awakening your sense of self that can be easily forgotten amid the hustle and bustle of daily life.

Location: 4F Poolside

* Reservations are taken up to 5 hours in advance.

For all morning reservations, we kindly request that you inquire by 5 p.m. the previous day.

Personalized Pilates

30 min ¥7,000
60 min ¥13,000

Enjoy a fully private lesson tailored to your body's natural flow and personal goals. By coordinating breath with movement, the session effectively targets muscles deep within. Rather than simply training your body, we focus on aligning it, bringing out your natural beauty and grace.

Location: 4F Poolside

* Reservations are taken up to 5 hours in advance.

For all morning reservations, we kindly request that you inquire by 5 p.m. the previous day.

Personalized Swimming Lesson

30 min ¥7,000
60 min ¥13,000

In this personalized swimming lesson, one of our expert trainers will provide one-on-one guidance tailored to your goals and skill level. Enjoy your own private time in the water, experiencing both the pleasure of swimming and a sense of accomplishment.

Location: 4F Pool

* Reservations are taken up to 5 hours in advance.

For all morning reservations, we kindly request that you inquire by 5 p.m. the previous day.

Personalized Aquacise

30 min ¥7,000
60 min ¥13,000

Exercising in water offers a unique sense of joy and benefits that differ from land-based workouts. The buoyancy of the water gently supports your body, significantly reducing stress on your joints and lower back. At the same time, the resistance of the water allows you to safely build strength, endurance, and a sense of balance.

Location: 4F Pool

* Reservations are taken up to 5 hours in advance.

For all morning reservations, we kindly request that you inquire by 5 p.m. the previous day.

* Please note that reservations are subject to availability.

* The displayed prices include consumption tax and a 15% service charge.

GROUP LESSONS

Morning Stretching

30 min Free

Gently stretch your body as you awaken. By coordinating mindful breathing with flowing movements, this session eases stiff muscles and joints while promoting circulation.

Location: 3F Fitness Gym

Time: 8:00 a.m. – 8:30 a.m. (Daily)

* Up to 2 participants (Priority given to those with reservations)

Evening Stretching

30 min Free

Long travel days, unfamiliar postures, or carrying heavy luggage can make your body feel more tense than you realize by evening. This session relaxes both body and mind through deep breathing and gentle stretches.

Location: 3F Fitness Gym

Time: 4:00 p.m. — 4:30 p.m. (Daily)

* Up to 2 participants (Priority given to those with reservations)

Morning Yoga

30 min Free

Start your day by aligning both your mind and body with a relaxing session at the poolside bathed in morning sunlight. This class helps you achieve mental clarity.

Location: 4F Poolside

Time: 7:30 a.m. — 8:00 a.m. (Weekdays)

* Up to 3 participants (Priority given to those with reservations)