

The SORANO SPA launches 5 new purpose-based personal training programs



The SORANO HOTEL [Tachihi Hospitality Management Co., Ltd.; Tachikawa, Tokyo; Director & COO: Hiroyuki Sakamoto] now offers five new purpose-based personal conditioning programs at the SORANO SPA fitness facility's Gym Studio. The programs have been launched to make it easier for guests who have never participated but are interested in personal training by providing specific goals to choose from.

At the Sorano Hotel, we promote Well-being, which also lies at the core of the SORANO SPA where we offer conditioning training, which focuses on conditioning your body to sustain good health conditions. Conditioning refers to the entire process starting from grasping your body's current conditions to all the actions and processes leading to achievement of the ideal condition. As opposed to the goal of typical personal training, which is muscle strengthening, dieting, and training that provides transient effects, conditioning is training that focuses on the sustainability of your body's good conditions.

This time, we set five specific programs for our most requested purposes: Posture Improvement, Golf Performance, Locomo, Getting in Shape, and Mindfulness. For each program, our trainer starts by evaluating your current motions and implementing exercise programs matching the level of each individual.

1. Posture Improvement

Our Sorano Spa trainer analyzes your physical movements and aims to solve hunched back, pot belly, text neck, and other ailments from the source of the problem.

2. Golf Performance

To improve your distance and reduce stress on your hip and knees during your swing, it is ineffective to blindly review your golf swing and do strength training. Instead, improve your performance by taking a hint from the functional kinetic chain of your hip joint and thoracic vertebrae.

3. Locomo

Locomotive syndrome describes a condition of decreased ability to move, such as standing and walking, caused by a deterioration of your motor system, which includes bones, joints, nerves, and muscles. Improve your condition with moderate physical activity to maintain and increase muscular mass.

4. Getting in Shape

For your health and beauty, tighten up your hip, waist, and upper arms with our exercises. Here, we teach you various exercises so that you can continue your workouts at home.

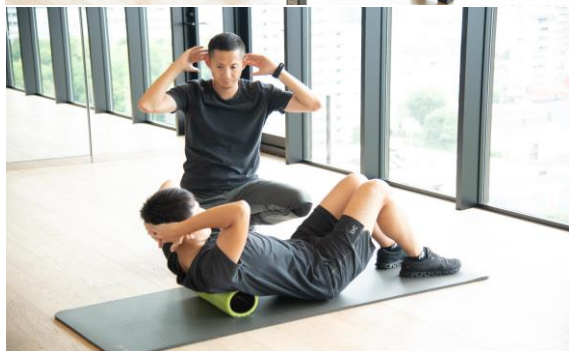
5. Mindfulness

Mindfulness literally means to keep in your mind, and the objective is to acquire a breathing technique to calm your mind. Mindfulness increases the amount of secretion of serotonin, a happy hormone.

Golf Performance: Expand the range of motion in your hip joint, back, and shoulders.



Getting in Shape: Grasp your body's current condition with a body composition analyzer.



Posture Improvement: Start by first loosening up your body.

Locomo: Focus on improving the functions of your hip joint as a deterioration leads to trouble in your lower back and knees.

Personal Training Fees

Hotel guests: 60 mins. 9,900 yen (tax inclusive)

Hotel visitors: 50 mins. 9,900 yen (tax inclusive) *Please use coupon tickets.

Hotel Visitors

Visitors are kindly asked to purchase coupon tickets (49,500 yen tax inclusive for five tickets).

We offer a 30-minute trial session with your purchase, so please give it a try. (By reservation only;

SORANO SPA: +81(0)42-540-7860)

Coupon tickets come with a one-hour pass per ticket for use of our SORANO SPA facilities (Infinity Pool, Indoor Spa, Nano-mist Sauna).

*The SORANO SPA facilities can be used for one hour after completion of personal training. An extension fee applies for use exceeding one hour.

Coupon Tickets: 5 tickets for 49,500 yen (tax inclusive) *Valid for six months from the date of issue.

About details: <https://soranohotel.com/en/news/298/>

- # # # -

Please direct inquiries about this press release to:

Kanako Murayama or Masako Suda at SORANO HOTEL Marketing

TEL: +81(0)42-540-7757 / Email: communications@soranohotel.com

*The photographs seen in this release can be downloaded here: <https://xgf.nu/pRfSj>

(Valid until: September 16 (Saturday), 2023 / Password: sora)