



PEARL STAR HOTEL
ATAMI

One-on-one Programs

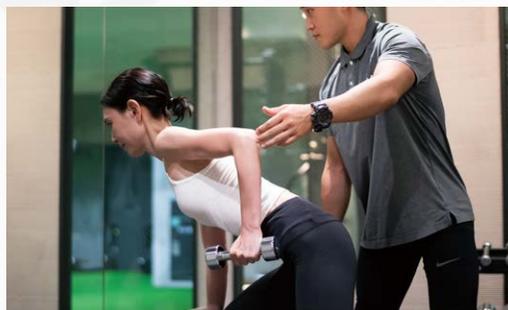
Our trainers will create an exclusive program to meet your specific goals and provide one-on-one support.

PERSONAL PROGRAM

※Menus and contents are subject to change without notice.

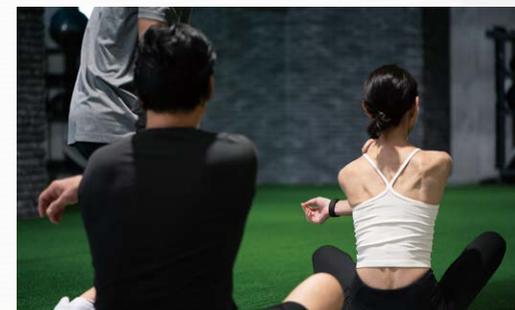
【Training】

A dedicated trainer will effectively support you to achieve your goals for "body make-up", "diet", "performance improvement", etc. Recommended for those who have just started exercising.



【Stretching】

Trainers will check the client's physical condition and stretch the areas that need improvement. If you do this before training, you can expect greater training effects.



【Pilates】

This is a full-fledged Pilates training using the dedicated "Pilates Reformer" machine. By working on the inner core of the body, Pilates aims to improve posture, slimness, and suppleness of the body.



【Golf】 ※To be introduced in December 2022.

A dedicated coach will provide instruction using a golf simulator. The training is indoors, so it is not affected by weather conditions.

