



Lesson Program /Gymnasium	Content
Core Exercises	Before performing any movements, we will focus on the core of the body.
Lively and healthy gymnastics	We help improve your physical deterioration and help you live your daily life with more vigor. By continuing to participate, you will get a body that is more mobile.
JOANNA presents SALSATION	Salsation is a functional dance fitness program that allows you to have fun moving your body to music. We aim to relieve stress and build physical strength through dance.
Health gymnastics	This class is for those who are worried about their age or who are not very confident in their physical strength. It stimulates the body in a fun and moderate way in various ways.
Small group exercise (Free of charge)	(core poles exercise) This is a program that introduces core conditioning methods using core poles. (Walking exercise) This is a program that allows you to do activities such as walking without straining yourself. (Belly shape) This is a program to thoroughly train your waist area and aim for your ideal style. (Gymnastics with a chair) This is a program that everyone uses chairs to perform gymnastics. (Prevention and improvement of back pain)It will be the content of back pain prevention and improvement, and strength training will be performed on the mat.An exercise therapy program based on medical evidence. (Stretching together) We all do some basic stretching. Recommended for those who want to know how to stretch effectively!
Pilates	It stimulates the inner muscles in the back of the body, cultivates the stability of the trunk (torso), tightens the body and adjusts the posture. This program aims to build a strong, beautiful and mobile body by combining it with functional training.
Yoga	Based on the world-famous hatha yoga, it is a simple yoga that has been arranged for modern people.Refresh your whole body comfortably with simple poses.
ZUMBA	This is a dance exercise program born in South America that incorporates dance music from around the world, including Latin.
Fight Attack BEAT	It is a program that condenses full-fledged fighting movements into 40 minutes and performs them happily according to music. It helps to strengthen the trunk and shape up the whole body.
Muscle training together	This is a simple strength training class that stimulates the muscles of the whole body. Learning the correct posture and training is a shortcut to Increase effectiveness.
Shape pump 30・40	A strength training class using barbells and music. We train each body part, such as legs, chest, arms, shoulders, back, and abdomen.

Lesson Program /Pool	Content
Crawl /elementary level	This class aims to practice the basics of crawling and learn to swim more than 10 meters.
Butterfly /elementary level	This class aims to practice the basics of butterfly and learn to swim more than 10 meters.
Swimming /elementary level	In this class, the goal is to learn the basics of the four swimming techniques and be able to swim more than 10 meters.
Swimming /Advanced	The goal of this class is to be able to swim more than 50 meters in four swimming techniques.
Backstroke /Intermediate	The goal of this class is to be able to swim the breaststroke over 25 meters.
Swimming Training	TThis is a training class aimed at improving swimming and physical fitness. By continuing swimming, you can expect to strengthen your endurance and improve your shape.
Aqua walking and jogging	Take in the various movements in the water and go walking and jogging.
Aquabics	It moves the whole body in water, effectively improves physical strength and burns fat.

RIFURE SAPPORO

