

MIDPARK YOGA & FIT

Why not enjoy some exercise and refresh yourself in the Grass Square surrounded by fresh greenery? In addition to popular yoga lessons, pilates and kick boxing classes have also been added this year. Enjoy the sense of freedom of being able to soak up the sun on weekends, and feel the city's cozy night breeze on weekdays.

For 12 days from **May 7(Fri.) to May 18(Tue.)**

Venue Grass Square **Fee** Free
How to Sign Up Advanced registration required **Capacity** 350 people per session, on a first-come, first-served basis
*Please check the event website for details.
Organized by TOKYO MIDTOWN **Cooperated with** Konami Sports Co., Ltd

*Subject to change or cancellation without notice due to bad weather and the situation regarding the spread of COVID-19.
 *Cancellation will be announced through the event website at least two hours before the event time.



Morning programs:
 9:45 to 11:00 (75 minutes) on Sat. and Sun.

Night programs:
 19:00 to 20:00 (60 minutes) on weekdays

Yoga
 This program is based on yoga poses and breathing patterns. It's designed to help improve your core muscles so you can do yoga poses more effectively. It'll help you shape up and get a sense of achievement.

Pilates
 The aim of this program is to get a beautiful body with functional strength. Tone your core muscles and whole body to help improve your balance and get functional strength.

Kick boxing
 This program includes kick boxing moves. Build both mental and physical toughness while practicing punches and kicks.

SCHEDULE

5/7 Fri Raika Yoga Amount of exercise: Low to High (Medium) 	5/13 Thu Ami Yoga Amount of exercise: Low to High (Medium)
5/8 Sat Waka Nozawa Yoga Amount of exercise: Low to High (Medium) 	5/14 Fri Ken Harakuma/Haruna Otake Yoga Amount of exercise: Low to High (Medium)
5/9 Sun Mirei Christina Saale Yoga Amount of exercise: Low to High (Medium) 	5/15 Sat Maomi Yuki Pilates Amount of exercise: Low to High (Medium)
5/10 Mon Marino Okada Pilates Amount of exercise: Low to High (Medium) 	5/16 Sun Maiko Yamazaki Kick boxing Amount of exercise: Low to High (High)
5/11 Tue Maiko Yamazaki Kick boxing Amount of exercise: Low to High (High) 	5/17 Mon Eriko Kumazawa Pilates Amount of exercise: Low to High (Medium)
5/12 Wed Eiko Katano Yoga Amount of exercise: Low to High (Medium) 	5/18 Tue Ryoko Saito Yoga Amount of exercise: Low to High (Medium)

Precautions

Registrations

*Application in advance is required for this event. For children of elementary school age and above, please make sure you apply via Peatix.
 *Registration for each session will close once the capacity is reached.
 *The instructor is subject to change. Thank you for understanding.

Facilities at the Venue

*There are no lockers, changing rooms, or yoga mats provided at the venue.
 *As it is an outdoor event, please bring your own drinks as necessary.

Organized by



Cooperated with

