

# VISTA WELLNESS GX

		Mon	Tue	Wed	Thu	Fri	Sat	Sun	Targeted participants & restrictions	Additional Info
1	<b>Morning Power Stretch</b> 08:00~08:50 @VIASTA FITNESS GX Room (a charge)	●							exclusively available to Vista Walkerhill guests aged 18 or older / 10 people	Indoor activities do not operate when government social-distancing restrictions are at level 2 or higher.
2	<b>Nighttime Power Stretch</b> 21:00~21:50 @VIASTA FITNESS GX Room (a charge)					●				
3	<b>Morning Pilates</b> 08:00~08:50 @VIASTA FITNESS GX Room (a charge)				●					
4	<b>Nighttime Pilates</b> 21:00~21:50 @VIASTA FITNESS GX Room (a charge)						●			
5	<b>Foam Rollers &amp; Relaxation</b> 21:00~21:50 @VIASTA FITNESS GX Room (a charge)	●								
6	<b>Healing Body Therapy</b> 21:00~21:50 @VIASTA FITNESS GX Room (a charge)		●							
7	<b>Muscle Flow</b> 21:00~21:50 @VIASTA FITNESS GX Room (a charge)				●					
8	<b>Morning Body Core Exercise</b> 08:00~08:50 @VIASTA FITNESS GX Room (a charge)					●				
9	<b>Nighttime Body Core Exercise</b> 21:00~21:50 @VIASTA FITNESS GX Room (a charge)							●		
10	<b>SKYYARD Healing Yoga</b> 17:00~17:50 @SKYARD (a charge)					●				Outdoor activities operate normally.

- ※ Programs are exclusively open to Vista Walkerhill Seoul guests aged 17 & up.
- ※ Guests must pre-book to participate in all programs (2 to 10 participants accepted).
- ※ Cancellations must be made by 20:00 of the previous day.
- ※ Same-day reservations are not accepted when the number of participants falls short or exceeds quota.
- ※ In-house programs only operate when government social-distancing measures are at level 1 or 2
- ※ Inquiries and reservations available between 06:00 and 22:00 at 02 - 2022 - 0450.