

Saturday, 8th June 2019



MEGURI
SPA & WELLNESS



**GLOBAL
WELLNESS
DAY®**
I SAY YES!

MEGURI & SPA WELLNESS × Global Wellness Day Special Free Event!!

With the slogan "One day can change your whole life," we celebrate Global Wellness Day on the second Saturday of June every year as an international day. First celebrated in 2012 and dedicated to living well, Global Wellness Day has now been accepted and celebrated worldwide in 130 countries at 5000 different locations with different events/workshops by volunteers.

One day can change your whole life.

FREE Zumba Event to be held at Fitness on 4F at Intercontinental Hotel Osaka.



About Zumba . . .

Zumba is an exercise fitness program with music and dance. It combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

Like you are dancing in a party, this is ideal for calorie burning and stress release.

Let's enjoy energetic dance exercise and be healthy!
Lucy, our instructor welcomes dance beginners and visitors. Please join us!!

Date : Saturday, 8th June, 2019

Place: Fitness on 4th Floor, Intercontinental Hotel Osaka

Time : 13 : 30 ~ (About 1 hour)

Fee: FREE OF CHARGE

After ZUMBA, please enjoy FREE lower leg treatment, using elemental herbology, our spa exclusive cosmetic.

BY RESERVATION ONLY. LIMITED TO 10 PARTICIPANTS. REVERVATION ACCEPTED ONE DAY BEFORE THE EVENT.

Attention : Please wear comfortable outfit and shoes for the exercise event. Both Men & Women are welcome!

For reservation/inquiry: 06-6374-3503 (MEGURI SPA & WELLNESS)

meguri@thedayspa.jp