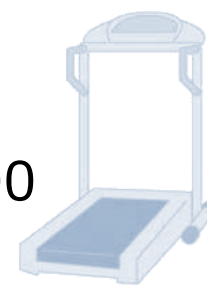


Training Room Usage Guide

◆ Hours of Use ◆

«Mon-Sat» 9:00~22:45 Last Admission Time 22:00
«Sundays & Public Holidays» 9:00~20:45 Last Admission Time 20:00
«Days Closed» Every third Monday of the month (if a public holiday, the following weekday)



◆ Admission Fees ◆

Adults: : ¥300 / 3 hours (Ages 16+)

Children : ¥100 / 3 hours (Junior high school students and under)

*Elementary school students must be accompanied by a parent or guardian.

◆ Fitness Orientation ◆

First-time users are asked to notify a staff member.

Staff will guide you on equipment usage and safety precautions.

*Please come dressed in suitable workout attire and bring indoor shoes, a towel, and a drink.

◆ How to Get Started ◆

① Tickets can be purchased at the ticket machine at the front.

② Please change your clothes in the locker room and place your belongings in a locker. Be sure to lock it.

* These lockers require a ¥100 coin, which will be returned

③ When entering the training room, please write your name on the back of your ticket place it in the appropriate box.

◆ Important Information for Users ◆



【Dress Code】

- Please wear appropriate clothing for exercise. (Jeans, skirts, etc. are not permitted.)
- Indoor shoes are required.

【For Elementary and Junior High School Students】

- Usage is limited to certain equipment for elementary and junior high school students (exercise bikes, abdominal benches, and back extension benches only).
- Junior high school students are required to be accompanied by a parent or guardian when using the facility after 6:00 p.m.

【Other Information】

Please use a container with a lid for beverages. (Glass bottles are not permitted.)

Alcohol consumption and use of the facility under the influence of alcohol are strictly prohibited.

Photography and video recording are prohibited throughout the facility, including the training room.

Users engaging in disruptive or dangerous behavior may be asked to leave the facility.

If you have concerns about your health, please obtain a doctor's approval before using the facility.

When the facility is crowded (30 users or more), entry restrictions may be imposed.

Thank you for your understanding.

and