

## FITNESS ROOM RULES AND REGULATIONS

Open Hours	<p style="text-align: center;">9.00~21.00</p> <p style="text-align: center;">*20.45-time to stop working out and get prepared to leave the facility</p> <p style="text-align: center;">*New visitors are admitted until 20.30</p>
Closed Days	<p>Every 1<sup>st</sup> and 3d Monday of the month</p> <p><i>*If a national holiday falls on Monday, the fitness room will be closed on the following Tuesday</i></p> <p><i>*New Year`s holidays and temporary closures</i></p>
Fee	<p>Adults: 310 Yen per ticket</p> <p>Seniors (65 years and older) and people with disabilities: 100 Yen</p> <p>a book of 11 tickets available (3100 Yen or 1000 Yen)</p>
About the reception desk	<p>① Please, inform the fitting room reception if you are using the facility for the first time</p> <p>② The staff will provide you with a general use guide</p> <p>③ The staff will show you around the fitting room</p> <p>④ New visitors will be admitted from 9.00 to 20.30</p> <p>*People aged under 15 y. o. are not allowed to use the fitness room</p> <p>*The explanations how to use the machines will last from 5 to 10 min.</p>
What to bring What to bring	<p>Indoor shoes, sportswear without a zipper and belt</p> <p>Shoes rental available at 300 Yen</p> <p>Drinks with tightly closed caps, not to spill</p> <p>A towel</p> <p>To use a locker room a 100 Yen coin is needed, which will be returned after the use</p>
INBODY	<p>INBODY scale available, to measure the body weight, fat percentage and muscles mass : 100Yen (one time)</p>

## **FITTING ROOM USAGE RULES**

### **<Regarding health management>**

- \*Those who have been prohibited by a doctor from exercising cannot use the facility
- \*People with limited mobility should use the facility with caution
- \*Drink plenty of water while exercising and take breaks
- \*Refrain from exercising with excessive load or volume
- \*Use the equipment properly, any injuries sustained during exercising are at your own risk
  - ※ Inform the staff if you feel unwell
  - ※ If you are pregnant exercise at your own risk

### **<About belongings>**

- \*We do not offer rental clothing. If you forget to bring your sports clothing you will not be allowed to use the equipment
  - ※ Please note, exercising with jeans or pants with a zipper or belt is not allowed
  - ※ Please be sure to bring indoor sports shoes. (slippers, sandals, etc. are prohibited)
  - ※ Refrain from wearing too revealing clothes
- \*Please manage your belongings at your own risk
  - ※ We do not except luggage storage
  - ※ We are not responsible for the theft or loss

### **<About usage manners>**

- \*No food in the fitness room or locker rooms.
- \*No smoking (including electronic cigarettes) throughout the building
- \*If you wish to make calls using a mobile phone, please leave the fitness room and go to the lobby
- \*If you have tattoos (including paint or stickers), wear long sleeves and long pants (hide them from the others)

### **<OTHERS>**

- \*We do not provide guidance, treatment, and personal training
- \*Taking pictures or videos is prohibited
- \*Drinking alcohol or exercising under the influence is prohibited
- \*Usage time or rules may change depending on social conditions
- \*For the information on how to use the machines please refer to the “Fitting Room Usage Rules”
- \*If you do not follow these rules and manners, staff may refuse you entry at their discretion