

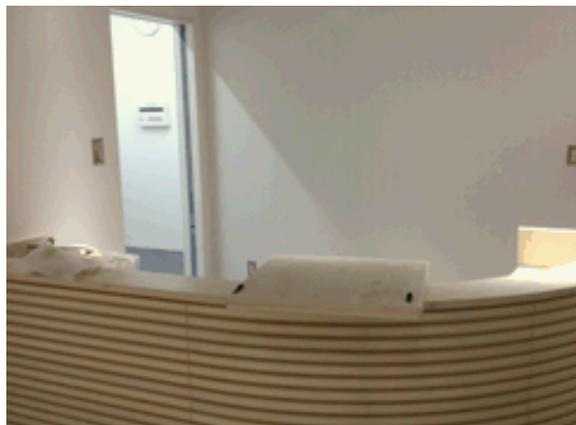
Training Studio

Floor 3

Paid

This facility includes a fitness room, training room, and shower station.

■ Overview



Training Studio	Training Room	Fitness Room	Shower Station
Operating Hours	7 : 00 ~ 22 : 00		
Capacity	35 people	25 people	Male 18, Female 17
Area	149.9m ²	128.9 m ²	Male 47.3m ² Female 55.3m ²
Food & Drink	Hydration: ○ Meals/Alcohol: ×		

■ Usage Fees

User Category		4Hours	2Hours
Non-residents of the city	General	1,000yen	500yen
	Junior High School Students and younger	700yen	350yen
Resident of the city	General	700yen	350yen
	Junior High School Students and younger, Seniors (65 and older), Persons with Disabilities	Free	

■ Rental Items

Towel	Shoes (Indoor)
200yen	200yen

■ Notes on Usage

- Please come directly to the 3F Training Studio reception and purchase an admission ticket or coupon from the vending machine (cash, e-money, QR code payment accepted).
- Residents of the ward (general) must present their ward resident discount card or similar identification.
- Junior high school students and younger, persons with disabilities, and seniors aged 65 and older who are residents of the ward can use the facility for free (presentation of a free usage card is required).
- Ward resident discount cards and free usage cards can be issued at the 3F reception (please present your driver's license, My Number Card, etc.).
- The training room is for users aged 15 and older. (Junior high school students cannot register for use.)
- Please cover tattoos with long sleeves, long pants, or tape so they are not visible to others.



Training Room

Floor 3

Paid

Training room (machines, free weights)

■ Overview



■ Equipment Installed

• Aerobic Machines

Treadmills: 6 units

Bikes: 6 units

• Strength Training Machines

Chest Press

Lat Machine

Leg Press

Leg Extension & Curl

Ab Machine

Abdominal Bench

Back Extension Bench

• Stretching Machines

• Free Weight Area

Power Rack: 1 unit

Bench Press: 1 unit

Smith Machine: 1 unit

Cable Machine: 1 unit

Dumbbells (~30kg)

Flat Bench, Incline Bench: 2 units

• Blood Pressure Monitor,

• Body Weight Scale

• Body Composition Analyzer

• Sonic Machine (Vibration Machine)

■ Notes on Usage

- First-time users must attend an introductory orientation. Participants of the orientation will receive a completion card.
- The orientation is held as needed, no reservation required, and takes approximately 10-15 minutes.
- Please wear indoor shoes.



Fitness Room

■ Overview



■ How to Use

- Please check the separate timetable.

<Free Classes> are open to anyone (no application required).

- Please receive a numbered ticket at the reception.
- Please enter the fitness room by the start time.

<Paid Classes> require a separate fee.

- Please purchase a ticket from the vending machine in advance and receive a numbered ticket at the reception.
- Please enter the fitness room by the start time.
- Class Capacity: 25 people (BodyPump: 22 people)

■ Notes on Usage

- Shoes are required for classes that specify them.
- Please bring a towel to wipe off sweat.
- For safety reasons, re-entry during a class is not permitted. Please enter the studio by the start time if you are participating.
- Programs may be subject to change. We appreciate your understanding.



Shower Station

Floor 3

Paid

Changing rooms, lockers, powder rooms, shower booths, and multi-functional showers are available.

■ Overview

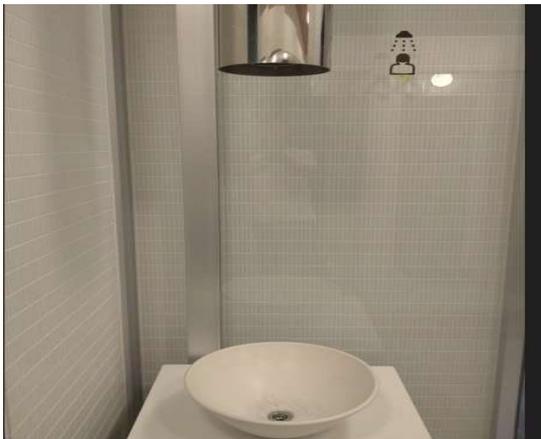
Multi-functional Shower (Warm)



Multi-functional Shower (Cold)



Ice Dispenser



Shower Booths



■ Notes on Usage

- Shampoo, conditioner, body soap, and other toiletries are not provided (please bring your own).
- Please be sure to bring a towel to dry yourself.
- Please dry your body thoroughly before using the lockers.
- Please share the multi-functional showers with consideration for others.
- Please keep your locker key with you at all times.

