

Re-opening of studio classes and bedrock baths

In compliance with the guidelines given from the Fitness Industry Association of Japan, we are re-opening a select number of studio classes.

※Those of you who have suspended your membership for March, can pay the difference between the suspension fee and one's normal monthly fee to start using the fitness club again.

◆Maximum capacity on studio classes

- 1st Studio: Max capacity of 15 people
- 2nd Studio: Max capacity of 10 people
- HOT Studio: Max capacity of 15 people

※Entering the room after the lesson has started is strictly prohibited.

◆Studio Classes

• In order to keep our studio classes properly sanitized, it is vital that we perform sufficient disinfection, ventilation, and cleaning. 30-minute intervals or longer will be put in place between each class.

• Changes in the lesson schedule can be found accordingly by [clicking here](#).

◆How to reserve for a class with a maximum capacity

<HOT STUDIO CLASS>

Please follow the usual WEB reservation system.

【Reservation Start Date】

From March 23, 2020 (Sat)

※Reservations are only available until March 31, 2020.

<1st and 2nd Studio>

Tickets will be handed out at the front counter.

- Classes until 18:00 on weekdays, tickets will be handed out starting from 9:00.
- Classes from 18:45 on weekdays, tickets will be handed out starting from 18:00.
- Weekend classes, tickets will be handed out from 9:00.

※We only allow members to have 2 tickets at any single time. (If you would like to take more than 2 lessons, you may pick up another ticket after one of your lessons has finished).

※We will stop handing out tickets 10 minutes before the class begins.

◆Yoga Mats

If you are cautious about using the yoga mats provided at the gym, feel free to use your own and/or please put a towel over the mat.

◆Initiatives taken by instructors

- Thorough washing of hands and mouth when at the fitness club.
- We measure the body temperature before their shifts and if there any suspicious symptoms or poor physical health (body temperature over 37.5 degrees Celsius) they will be immediately sent home. For that reason, there is a possibility of sudden changes in instructors or class cancellations. We greatly appreciate your understanding.

◆Use of bedrock bath

Each hour, we will take about 10 minutes to properly sanitize, ventilate, and clean the bedrock bath area.

The temperature inside the bedrock bath room may drop due to the ventilation of the whole area.

We thank each and every one of our members for your cooperation and understanding during this time. We will strive to do our best in providing the best facilities under the given circumstances.

令和 2 年 3 月 20 日