

Midori Sports Center Training Room Guide

- Open **9:00 ~ 20:50 (Final admission time 20:00)**
- Admission **300yen / 3 hours (adults –including high school students)**
100yen / 3 hours (15 and under)
- Card type pass **3,000yen / 11times (adults)**
1,000yen / 11times(15 and under)

The pass is reusable, rechargeable and valid for 1 year. The Center is closed on every 2th Monday for maintenance check and also closed during New Year's holiday(12/30 ~ 1/3).

(If the 2th falls on a national holiday, we close the place on 2th Tuesdays instead)

First : Please, check in at the reception and receive a receipt.

Second : Everyone should wear training wear and indoor training shoes. Our dressing room with lockers is located on the 1st floor.

You can take your blood pressure, weight and hight before start training if you like.

If you have any questions or problems, please ask our staff.

Enjoy your training!

There are some more useful additional information on the back page. Please take a look.

Suggestion on using

◆For the young.

- After 19:00, junior high school students must be accompanied by an adult(s) as safety precautions.
- An elementary students must always be accompanied by an adult(s)
- The training machines they can use are limited for their safety.

◆For the first users.

Our staff will show you how to use the machines and explain some careful points.

◆About free weight training

- It is available only for those over 16 years old with some experience.
- Beginners have to be coached from our staff. If you wish, please ask our staff about

◆About health and training

- You can consult with our staff about it

◆Caution

- Users must be sober.
- When above mentioned rules are violated, one can be asked to leave the room.
- Midori Sports Center is a place for Yokohama citizens to improve their health and physical strength. Our staffs are here to help you both to use our facilities and to incorporate an exercise program into your everyday life. We look forward to your visit!

Contact : Midori sports center

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