

Yokohama city Naka sports center
Training room information

Naka sports center is a place for Yokohama citizens to improve their health and physical strength.

Our instructors are here to help you both to use these facilities and also to incorporate an exercise program into your everyday lives.

We invite you to use our facilities

	Mon. ~ Thu	Friday	Sat, Sun, Holiday
<i>Reception hours</i>	9:00 ~ 20:00	9:00 ~ 22:00	7:30 ~ 20:00
<i>Training room hours</i>	9:00 ~ 20:45	9:00 ~ 22:45	7:30 ~ 20:45

Individual training is limited to 3 hours.

Procedures:

1. Pay entrance fee at the reception counter.

Adults (high school & over) 300 Yen

Children (junior high school & under) 100 Yen (High school students & under are free of charge on every Saturday.)

 《Coupon ticket》

For Adults 3000 Yen (11 times)

For Children 1000 Yen (11 times)

 Pass receipt to the staff in the training room.

2. **Change to the indoor shoes & training cloths in the locker room.**

Place your belongings in a locker and make sure the door is locked. Locker fee 100 yen will be returned when you open the locker with the key.

3. Pass receipt or ticket to the staff in the training room when entering the room.

Training room regulations:

- Only training wear is permitted. (This includes children)
- Elementary school students & under, must be accompanied by an adult.
- **An adult must accompany (or send & pick up) junior high school students using the facilities after 7pm.**
- Children are prohibited from using certain equipment. Junior high school students & under are not allowed to use the Free weight.
- Food is not allowed in the training room. Drinks are allowed at indicated area.
- Valuables must be placed in the safety box in the reception hall, or kept on your own responsibility.

Naka sports center reserves the right to ask to leave any person(s) disturbing or posing dangers to others.

Newcomers will receive instruction on equipment use. Please plan to make some extra time on your first visit.

The Yokohama Naka sports center
TEL 045-625-0300