

【About】

CHARGE

The charge for using the club is 1,100 yen (including tax) per day for hotel guests, except for guests on Club President floors and Suite rooms. Rental wears and shoes are also available. This club is only for guests over 16 years old.

RENTAL

PRICE LIST

T-shirt	220 yen
Training Pants	220 yen
Swimming wear	330 yen
Shoes	330 yen

SWIMMING POOL

Indoor swimming pool about 30°C

• 20m long x3 lanes • Paddles, Swimming caps (free rental) • Chair-beds x11

Mist sauna (Steam sauna) for 4 - 5people

Jacuzzi for 12people

【SECOND FLOOR】

RELAXATION ROOM

We offer different kinds of massage.

Reservation is required in advance. Massage is available from for 13:00 to closing time.

(On Sunday and Holiday, it available from 11:00 to 18:00)

STUDIO

Lesson · · aerobics, boxercise, yogates etc

RELAXATION SPACE

Private box x4 with TV

GOLF STUDIO

Driving range x1

PRIVATE STUDIO

Man-to-man training.

Reservation is required in advance. Private training is available from for 12:00 to closing time.

(On Sunday and Holiday, it available from 10:00 to 18:00)

【THIRD FLOOR】

LOCKER ROOM

- Showers x4
- Japanese style bath
- Dry sauna 90°C for 10 people
- Powder room with amenity goods
- Magazines and TV

FITNESS GYM

Aerobic training machines

- Aerobikes x6 with TV
- Stair-masters (Free climb) x2 with TV
- Tread-mills (Running machine) x4 with TV
- Cross trainer (Sky walker) x2 with TV

Weight machines

- Leg sled
- Pec fly
- Leg curl
- Shoulder press
- Lat pull down
- Leg extension
- Adjustable cable machine x2

Free weights

- Smith machines x2
- Inclined benches x2
- Bench press with 1.25kg - 20kg plates
- Arm curl
- Long straight bar x2
- Short straight bar
- Dumb-bells x20 pairs 1 - 30kg
- Medicine balls x3 (1kg·3kg·5kg)

Extra goods

- Belt
- Exercise ball x5
- Stretch mats x10