



<https://goo.gl/maps/MyhPMeZntbBHPvTA>

## 運動スタジオ exercise studio

[Maximum

capacity]

18 people

[Area]

Approximately

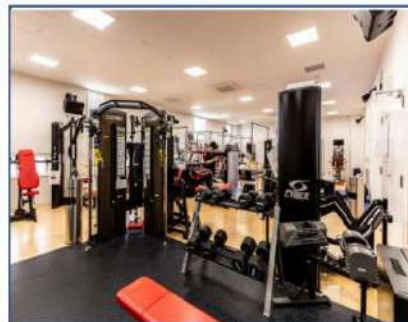
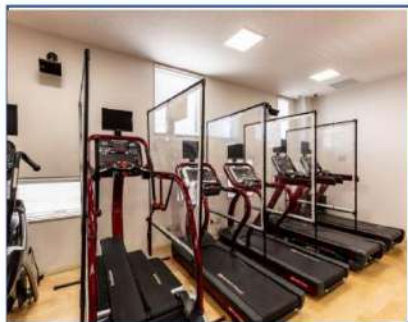
138 m2 [Notes] No shoes allowed (please bring indoor shoes)

Admission fee: Free

Annual fee: Free Locker room and shower room available

Inbody (body composition analyzer) available

- We are the first in the prefecture to introduce the latest training machines that were also used in the Tokyo Olympics athletes' village.
- You can also check your training results using InBody (body composition analyzer) .•Aim to build your ideal body by increasing muscle strength, increasing stamina, dieting, etc.



# exercise studio training equipment

freedom rack



leg press



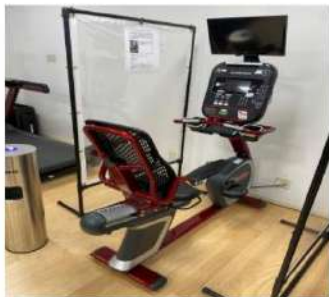
Seeded Leg Curl Torso Rotation



Abdominal/  
back extension



upright bike



free runner



arc trainer



lat pull/row



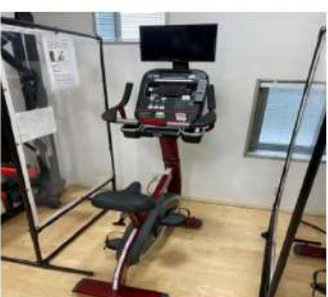
chest press



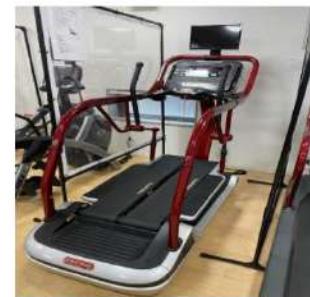
overhead press recumbent bike

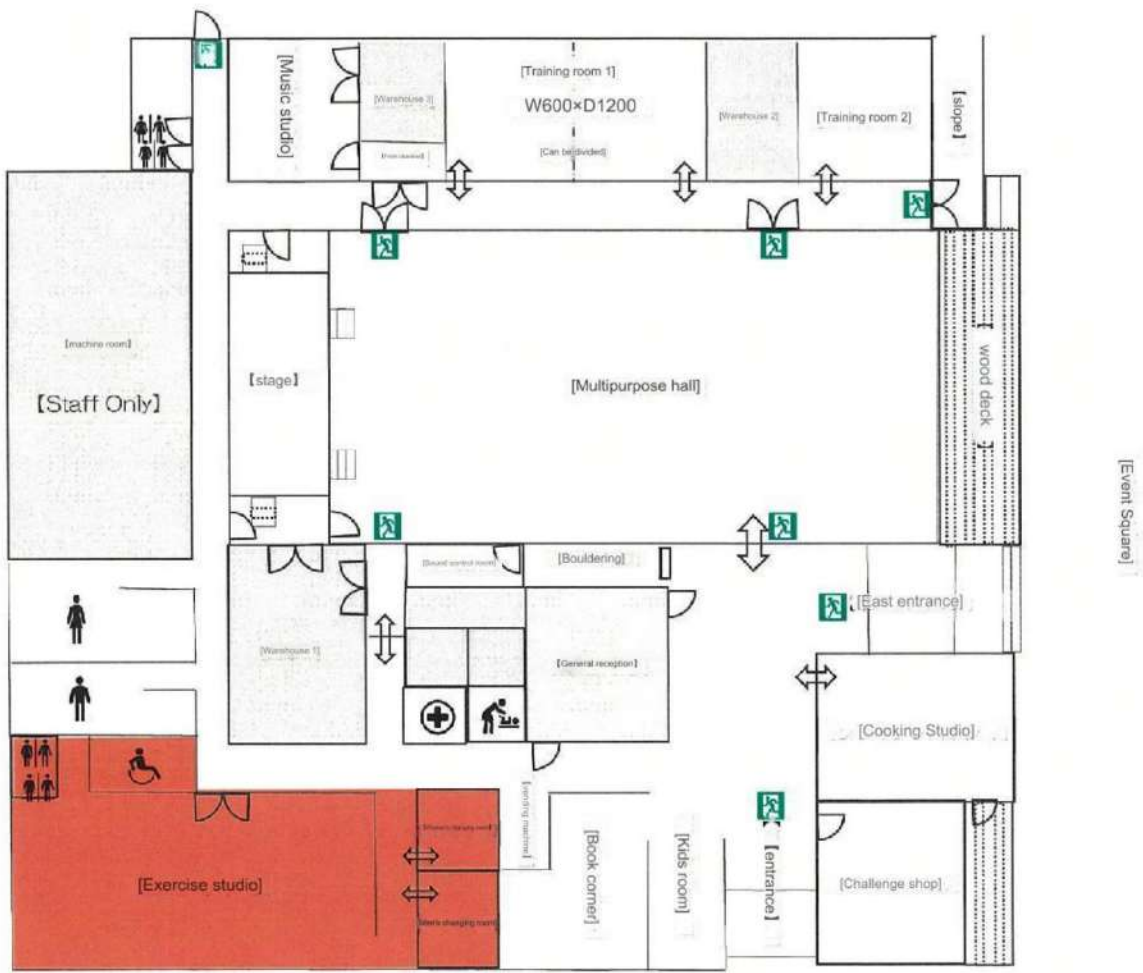


bravo



trail hiker





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