

【INFORMATION】

Users must attend a briefing session before using facilities.

[The briefing session is by reservation-only]

You have to make a reservation at the reception counter or by phone in advance.

■ On the day of the briefing

Please make sure you arrive at the reception counter at least 15 minutes prior to the briefing, wearing workout clothes and shoes.

(You can use locker room to get changed)

AT the reception counter, you have to complete registration procedures before the briefing.

■ User registration

You must show your ID card such as passport, driver's license, etc. as a proof of your current address and identity.

The following people that can use the facilities at a reduced price are...

- People who live in Saitama-city
- People whose workplace or school is in Saitama-city.

You must show proof of the above.

Omiya-Gymnasium : Tel:048-685-2121

We regret that we have Japanese Speaking Staff Only !