

To those who have a Personal Training Card (Member's Card)

# Adachi-ku Training Room Guide

In Adachi City, there are nine facilities equipped with training rooms such as community learning centers. If you have acquired a "Personal Training Card", you can use it by participating in "Training Advice" in a training room other than the acquired center.

Note1: If you do not use it at each center for 1 year, you need to re-register.

Note2: The number/kind of weight machines and facility's space differ depending on each center. Please confirm in advance.

Note3: At all training rooms, "Training Advice" hold in only Japanese.

So, if you cannot communicate with Japanese, please you come together with a translator from Japanese to language you use.

It is difficult for translation for technical terms by translation devices.

When you utilize a training room at other centers;

① Please check the "Training Advice" date and time of the training room you want to use.

- ★ The time for "Training Advice" varies depending on the center. Please inquire at the center you want to use, and check the date and time before joining. (Please refer to the schedule on the back)



② Bring "Personal Training Card" and participate in training advice.

- ★ Almost centers require reservations in advance.  
(Only Chu-Honcho Community Learning Center don't need reservation)
- ★ It can not be used when coming in time other than "Training Advice".
- ★ It may get crowded, so please make a reservation as soon as possible.



③ You can use the training room of the center that participated in "Training Advice".

Contents of "Training Advice" instruction:

- ★ Explain how to use the training room and weight machines
- ★ Making a workout program

## Schedule “Training Advice”

Basically, all centers (training rooms) are closed every second or third Monday. It may not meet the basic schedule, so please check before using the center.

Facility Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun	National holidays
General Sports Center TEL:3859-8211/FAX:3858-4497	10:00	18:30	10:00 14:30	10:00	18:30	10:00	10:00	10:00
Swim Sports Center TEL:3850-1133/FAX:3860-6903	13:00 19:00 (Excluding third Mon)	10:00	13:00	15:00		15:00	15:00	15:00
Towa Community Learning Center TEL:3628-6201/FAX:3628-9133	10:00 13:00	10:00 13:00 18:00	13:00	13:00 15:00	10:00 13:00 15:00		10:00 18:00	
Hanahata Community Learning Center TEL:3850-2618/FAX: 3850-2623	10:00 14:00	14:00 19:00	10:00			◆ 10:00	■ 10:00	
Okimoto Community Learning Center TEL:3889-0370/FAX: 3889-9760	14:00 (Excluding third Mon)	10:00 ▲19:00	10:00 (Irregular)	10:00 14:00		10:00 (Excluding the third Sat)	2nd 14:00	
Kohoku Community Learning Center TEL:3890-4522/FAX: 3890-5212		10:00	19:00	14:00		10:00 *1		
Shikahama Community Learning Center TEL:3857-6551/FAX: 3855-3649		19:00				▼ 12:00	1st, 4th 13:00	
Chu-Honcho Community Learning Center TEL:3852-1431/FAX: 3852-1143	14:00	■ 14:00	14:00	1st,2nd, 09:30	18:00	■ 09:30		
Iko Community Learning Center TEL:3857-6537/FAX: 3853-0429	2nd 14:00 4th 09:30	■ 14:00 4th 18:30	□ 09:30 2nd 18:30	1st,2nd, 4th 14:00	▲ 09:30 2nd 14:00	1st,4th 09:30 2nd 14:00	1st,2nd 14:00	

※ ▲1st/3rd week ▼1st/3rd/5th week ◆1st/5th week ■2nd/4th week □1st/2nd /3rd/4th week

\*1 Excluding Adachi Family Friendship Day(usually the third Saturday) and Tokyo Citizens' Day(Oct.1st).

### What to bring

- ① Personal Training Card ② Fee … 300 yen ③ Indoor Shoes  
④ Training wear (elastic clothes except for jeans, culottes etc.)

### Other

- \* “Training Advice” hours may change for some reasons such as national holidays, the yearend/new year holidays, center’s closed day etc. Please be sure to inquire at a center in advance.
- \* When you are in bad health (high blood pressure etc.), a staff may ask you to stop training.
- \* For safety reasons, people who are not working out are not allowed to enter a training room.