

# Training gym Studio Programs

MEGURO KUMIN CENTER TEL 03-3711-1139

Program	shoes	Strength	difficulty	
Yoga I	-	☆	☆	The balance of mind and body is attempted by various poses and methods of respiration.
Yoga II	-	☆☆	☆☆	It is a program that raises the level of beginners yoga training.
Relaxation Yoga	-	☆	☆	Yoga is desginted to relax the mind and body. It's an easy class for anyone to participate in with a pose that doesn't strain their body.
Yin and Yang Yoga	-	☆	☆	Loosen muscle tension,take time to a pose yin yoga and build muscles,refresh with moderate exercise yang yoga.
Self massage&Stretch	-	☆	☆	Self massage & Stretch to eliminate stiff shoulders & low back pain.
Pilates	-	☆	☆☆	It is a class to aim at the posture improvement considering the body trunk while taking strength training.
Conditioning Pilates	-	☆	☆	Adjust your body by conditioning and place your muscles in the right position by exercising.
Aerobics	○	☆	☆☆	The body is moved according to the rhythm, and the body fat is burnt.(Beginners&Intermediates.are Welcom!)
Beginners Aero	○	☆	☆	Physical exercize in an easy step is played to the music.
Steps burning fat	○	☆☆	☆☆	It is aerobics that use the step.It is an exercise that consumes a lot of effects of the body fat combustion and calories.
Steps Simple	○	☆☆	☆	I repeat the going up and down exercise to a step stand in simple basic movement and, to music, am a lesson of the effective aerobic exercise for fat combustion and legs reinforcement
ZUMBA	○	☆☆	☆	Adopting Latin music and from around the world.
Jazz Dance	○	☆☆	☆☆	This class is that you can enjoy JAZZ's choreography from step to combination after warming up with stretch.
Hip hop Jazz	○	☆☆	☆☆	It is a dance style that combines with Hip hop groove and Power and Jazz bass turn or wrinkled movemenet.
Hip-hop	○	☆☆	☆☆	It is a street dance danced happily, taking an up-and-down rhythm according to music!
Ballet variation	-	☆	☆☆	we are going to do some simple variatinons that even beginners can do.
Marshall work out	○	☆☆	☆☆	It is a class of the exercize which took in the motion of a sport combative.
Boxing work out	○	☆☆	☆	Beginners can also enjoy and learn the basic boxing posture, way of hitting and avoiding in this class.
Trim exercise	○	☆	☆	By a stretch and an easy exercise, a mind and body and, the exercise which had the thing which is being led to a well-balanced healthy body for its object.

\* ○Programs … The shoes is necessary to participate. \* ☆-Beginner/☆☆-Intermediate/☆☆☆-Advance d

\* Participation ticket s are required to participate in the program. \* Wear a mask as much as possible.

\* Participation ticket s will be distributed at the hallway benches 30 minutes before the start of each program.  
(Distributed at reception after that.)

\* The whole class has a capacity of 28. (Ballet variations for 20 people)

\* Lesson time is 45 minutes for now.

\* The intensity of all fitness programs are decreasing.

\* You can enter the studio 15 minutes before the start.

\* Please get here 5 minutes early.

No one will be admitted into the room after the leason begins.

\* Subject to sudden cancelletion of class changes.

\* Please ask a member of staff in the training room if you wish to use the studio.

\* It is included in the charge for the training room use about the participation of the studio program.

\* The contents of person of first time class.

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About instruction in the use,a rule,a manner.

•About instruction in the machine use and how to use.

•Practice guidance of the stretch.

\* Follow the instructors instructions to safely enjoy the program.

\* Please refrain from talking in private .

\* Alcohol disinfection after use of fixtures.

\* Please keep your social distance.