

Training gym Studio Programs

MEGURO KUMIN CENTER TEL 03-3711-1139

Program	shoes	Strength	difficulty	
Simple circuit training	○	☆	☆	Sit in a chair while watching a DVD and alternate between strength training and aerobic exercise.
Radio calisthenics&stretching	○	☆	☆	Radio calisthenics 1st and 2nd , and 5 to 6 types of simple stretches will be performed.
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.
Easy Yoga	-	☆	☆	This class teaches the basic poses and brething techniques of hatha 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.
Fat burning exercises	○	☆	☆	We aim to improve the balance of the whole body by performing simple aerobic exercise,muscle training and stretching, and to burn fat and increase basal metabolism.
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
Original step	○	☆☆	☆☆ (1.5)	It is an aerobic exercise using a step platform that the instructor decides on a theme each time,such as high-intensity content that combines basic steps.
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 distributed 30 minutes before the start of each program (Residents of the city) at the bench in the corridor.
(Outside the city) Distributed at the reception desk 20 minutes before the start of each program .

* 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 3 5 . (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.

* 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.