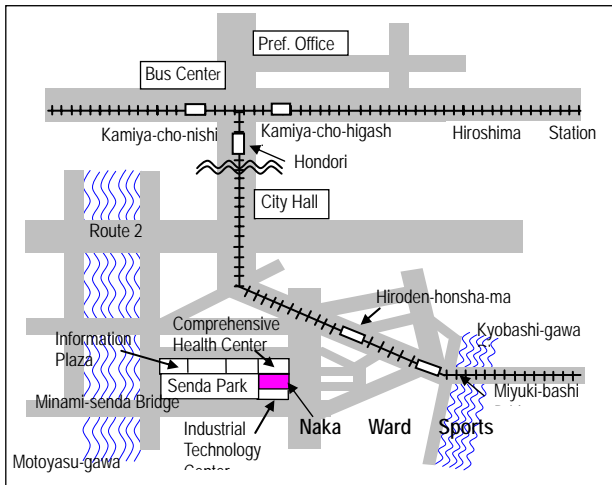


Hiroshima City Sports Association  
**Hiroshima City**  
**Naka Ward Sports Center**



- Take a Hiroshima Bus bound for Hiroshima Port (No. 21-1, via Miyuki-dori). Get off at Hiroden-mae. Walk for 3 minutes.
- Take a Hiroden Bus bound for Niho-okimachi (No. 12). Get off at Miyuki-bashi. Walk for 7 minutes.
- Take a streetcar bound for Hiroshima Port (Ujina) via Kamiyacho (No.'s 1,3). Get off at Hiroden-honsha-mae. Walk for 3 minutes.

3-8-12 Senda-machi, Naka-ku, Hiroshima 730-0052  
 TEL: (082) 241-9355  
 FAX: (082) 241-9379  
 Homepage: <http://www.sports-or.city.hiroshima.jp/>

**Hours**

9AM – 9PM

**Closed**

Tuesdays, the second day after national holidays, August 6, December 28 – January 4

**For Individual Use** Please pay at the registration desk.

**For Exclusive Use** The required forms must be submitted within the defined application period. The period begins 3 months before the applicant wishes to use the facilities and ends on the 10<sup>th</sup> of the month before the usage date.

**For Everyone's Enjoyment of the Facilities**

- Observe facility hours.
- Wear appropriate workout attire.
- Outdoor shoes cannot be worn in the building. Please prepare indoor shoes.
- Be respectful of the Center's equipment and use it properly.
- Clean the equipment you've used and return everything to its proper place.
- Eat and drink only in designated areas.
- Take all garbage with you.
- The Sports Center is not responsible for accident or theft in the building and parking areas. Please take appropriate precautions.
- Those under the influence of alcohol will be refused entry.
- Those causing trouble or disrespecting others may be asked to leave.
- No smoking in the building, except in designated areas.

**Fees**

Category	Individuals: single-use		Individuals: book of single-use tickets (11)		Exclusive Use: per hour	
	Child	Adult	Child	Adult	Child	Adult
Large Gymnasium	¥150	¥230	¥1,500	¥2,300	¥3,390	¥5,240
Small Gymnasium	¥150	¥230	¥1,500	¥2,300	¥1,130	¥1,740
Training Room	¥310	¥480	¥3,100	¥4,800		
Conference Rooms 1 & 2					¥390 per room	
Locker	¥100 per locker					

**Training Room Registration**

To increase basic physical strength, and build muscle and stamina, it is important to train with repetition and endurance according to a fitness program that meets the varying needs of age and strength. For those that feel out of shape lately, we have a support staff of specialists to ease your worries.



[Target] Those over age 15 (junior high school students excluded)

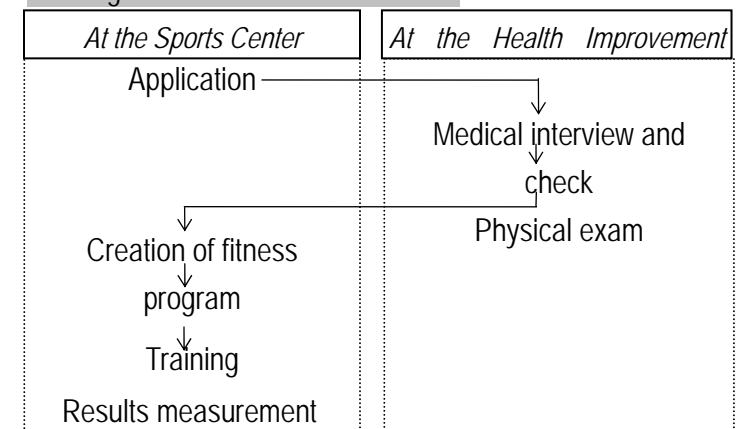
[Fees] Please pay every time you use the facilities. Separate payment is necessary for the medical check.

[Enrollment Period] One year from the day of registration

**Now Accepting Training Room Applicants!**

We support your results-oriented shape-up and bulk-up.

**Training Room Enrollment Procedure**



## Facility Outline

- Opened: May 8, 1988
- Lot Area: 7,065m<sup>2</sup>
- Total Floor Area: 8,284m<sup>2</sup>
- Construction: reinforced concrete
- Total Project Expenses: 4 billion yen
- Parking Capacity: 70

### First Floor

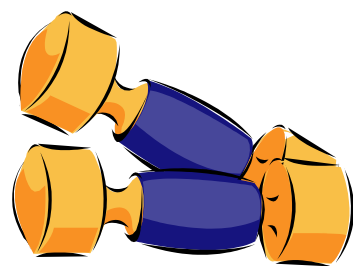
Parking  
 Training Room  
 Men's & Women's Changing Rooms, Toilets  
 Conference Rooms (2)  
 Vending Machines

### Second Floor

Large Gymnasium  
 Small Gymnasium  
 Men's & Women's Changing Rooms, Toilets  
 Office  
 First Aid Room  
 Lounge/Kiosk  
 Vending Machines

### Third Floor

Pull-Out Seating for Large Gymnasium  
 Indoor Running Course atop the Small Gymnasium  
 Men's & Women's Toilets  
 Vending Machines



### First Floor

**Training Room** 435.39m<sup>2</sup>  
 5 Treadmills  
 8 Aerobikes  
 Weight machines  
 Free weights  
 Relaxation machines  
 Fitness measurement equipment

**Conference Rooms** 143m<sup>2</sup>  
 2 Rooms (capacity per room: 30 people)  
 Room-adjoining capability

**Parking** 70 cars

### Second Floor

**Large Gymnasium** 1,485m<sup>2</sup> (45mx33m)  
 3 Volleyball courts  
 2 Basketball courts  
 10 Badminton courts  
 Table tennis, *mini-tennis*

**Pull-Out Seating**  
 792 Seat capacity  
 (540 plus 252)

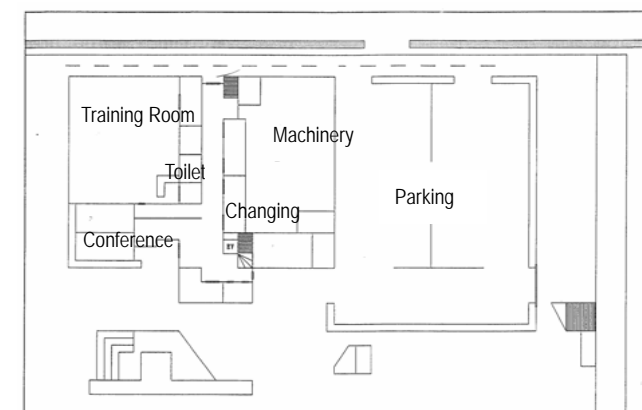
**Small Gymnasium** 640m<sup>2</sup> (32mx20m)  
 1 Volleyball court  
 1 Basketball court  
 4 Badminton courts  
 Table tennis, *mini-tennis*

### Third Floor

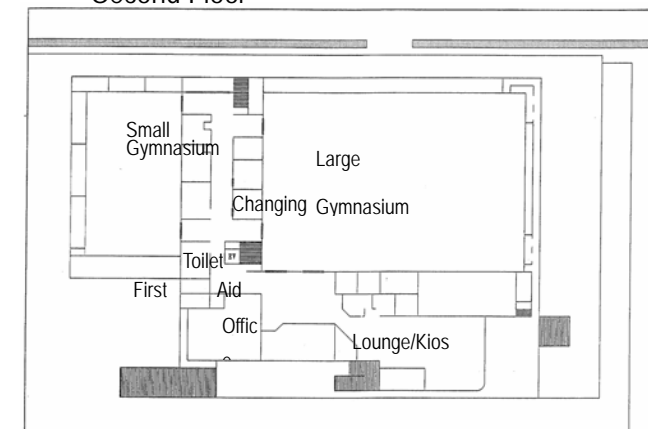
**Running Course** (atop the small gymnasium)  
 1 lap = 100m

**Pull-Out Seating** (atop the large gymnasium)  
 660 Seat capacity  
 (420 large seats plus 240 small seats)

### First Floor



### Second Floor



### Third Floor

