

# T Training room

There are various instruments and tools in the room. They are used and movement according to your purpose can be enjoyed. Please consult with the staff on directions for use, the training method, etc.



## Use procedure

- Pay a charge by receptionist.
- Please accept a receipt.
- Please show the exercise room staff a receipt.
- Please offer the staff at the time of the first use.

## The cautions on use

Please wear indoor shoes for accident prevention. (It cannot use, when there are no indoor shoes.)



Since elementary and junior high school students are in the development stage of the body, there are use restrictions.

Those who are undergoing the present medical treatment need to use in response to diagnosis of a doctor.

Please also inform the staff, if it can do.

## ○ Introduction of a training machine

Various measurement apparatus which is useful for health care administration

○ Scale ○ body fat meter ○ sphygmomanometer  
The machine for the body fat combustion by aerobics

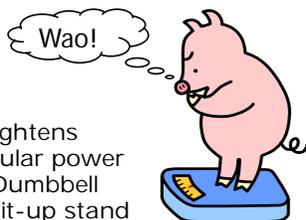
- Step machine
- Rowing machine
- Running machine
- Aero motorbike

The machine which heightens and accumulates muscular power

- Weight machine ○ Dumbbell
- Iron array ○ Sit-up stand

The machine for recovery from fatigue

- Relaxation machine ○ Rolling high crown



**If you want to train effectively,  
A training room registration system is**

## Training room registration system ...

In order to attain your purpose effectively safely, it is a system which creates only your original menu.

Medical checkup in the appointed medical institution is performed, it unites with your purpose, and the special staff creates a training menu.

In detail, it is to a sports center...

# Minami-ku Sports Center

Open : 9AM - 9PM (During July to August, 8:30AM - 9:30PM)  
Closed : Tuesday, August 6, December 28 to January 4 ,  
Address : 7-31, Kusuna-cho, Minami-ku, Hiroshima-shi 734-0032  
Phone : (082) 251-7721 Fax : (082)251-7701

## The usage



Please pay the charge of the items of choice (training room, table tennis, judo, kendo, etc.) by receptionist, and accept a receipt.

Please show registration of each room a receipt.

A locker room is on the first floor.

Please use the coin locker of a locker room

and manage valuables and a load by each one.

Category	Individuals: single-use		Individuals: book of single-use tickets (11)	
	Child	Adult	Child	Adult
Gymnasium	¥150	¥260	¥1,500	¥2,600
Martial art place	¥150	¥260	¥1,500	¥2,600
Training Room	¥310	¥540	¥3,100	¥5,400
Locker	¥100 per locker			

## "About the exemption system of an individual usage fee"

About the next person, an individual usage fee (except for a coin locker) is exempted.

Please show each notebook and a batch to receptionist.

- The grant of the health record book is received and he/she is a person aged 65 and over.
- Those who have received the grant of a physically handicapped persons' card, the ryouiku notebook, the mentally handicapped person health-and-welfare notebook, and the war casualty notebook
- Those who have received the grant of the atomic bomb disabled person chapter (batch)
- The above-mentioned person's helper



## Transportation guide

- No. 4 line prefectural office, Hiroshima station course (Niho garage line)  
→Kusuna-cho alighting (on foot 5 minutes)
- No. 7 line Yokogawa, city office course ( Niho garage line)  
→Kusuna-cho alighting (on foot 5 minutes)
- No. 12 line Hesaka, a Hacchobori course (Niho-okimachi alighting)  
→Terminal point alighting (on foot 10 minutes)



# Gymnasium

Gymnastics room, they are table tennis (five sets) and Badminton (five quart), volleyball (One quart), a basketball (one quart), etc. can perform health and improvement of physical strength happily.



## Use procedure

Pay a charge by receptionist.

Please accept a receipt.

The staff specifies a coat. Please offer the personnel, when the rental of tools, such as a racket and a shuttle, is wished.



## The cautions on use

A locker room is on the first floor.

It is a coin locker in a locker room. Please manage a property (valuables) by each one.

It may be unable to be used according to a situation. You confirm on an event schedule or please ask by telephone.



# Martial art place

At a martial art place, martial art, such as judo, kendo, karate, aikido, a naginata, and taichi, can be performed, and mind and body can do production of health.



## Use procedure

Please offer the staff the place of use hope by receptionist.

## The cautions on use

Since you may be unable to use, you confirm on an event schedule or please ask by telephone.



# Shinonome indoor pool

Address: 3-16-3, Shinonome, Minami-ku, Hiroshima-shi, 734-0022  
 Phone&Fax : (082) 286-6909

The warm swimming pool of 30 water temperature. Movement is possible for the purposes, such as health and improvement of physical strength, through every year.

It is recommendation also at a person with the painful waist, or a person with a painful knee.

25m pool 6course  
 (depth of water 1.2m-1.4m)  
 Smallness (for Small child) pool  
 (depth of water 0.6m)



Category	Individuals: single-use		Individuals :Book of single-use tickets(11)	
	Child	Adult	Child	Adult
Swimming pool	¥240	¥480	¥2,400	¥4,800
locker	¥100 Per locker			

About the exemption system of an individual usage fee, it is the same as that of the Minami-ku sports center.

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 Closed: Tuesday, August 6, December 28 to January 4  
 (Note) You confirm on an event schedule in the case of use, or please ask it by telephone.

## Use procedure

Pay a charge by receptionist.  
 Please accept a receipt.  
 Please finish spare clothing in a locker room and come in a pool.

## The cautions on use

Please use the coin locker of a locker room and manage each properties, such as valuables, by each one.

At the time of use, a swimming cap is required. Please be sure to bring with you. (The receptionist is also sold.)

The infantile entrance can come in from aged 3 and over even to two small children per guardian (swimming suit wear). It becomes use of only a small pool in that case.

## Transportation guide

- From hacchoubori and the Hiroshima station  
 Hiroden Bus No. 4 line Niho garage line  
 Higashihonura-cho alighting (on foot 10 minutes)
- From kamiya-cho and Minami ward office  
 Hiroden Bus No. 7 line Niho garage line  
 Shinonome-cho alighting (on foot 5 minutes)
- From Kusuna-cho  
 Hiroden Bus No.7 line Yokogawa line  
 Shinonome-cho alighting (on foot 5 minutes)

# Ujina gymnasium

Address: 3-6-54, Ujina Kaigan, Minami-ku, Hiroshima-shi, 734-0011  
 Phone&Fax : (082) 255-3022

Ujina gymnasium can play table tennis (ten sets), badminton, etc.



## Use procedure

Pay a charge by receptionist.  
 Please accept a receipt.  
 The staff specifies a coat.  
 Please offer the personnel, when the rental of tools, such as a racket and a shuttle, is wished.

## The cautions on use

A locker room is on the second floor.  
 It is a coin locker in a locker room.  
 Please manage a property (valuables) by each one.  
 It may be unable to be used according to a situation.  
 You confirm on an event schedule or please ask by telephone.

Category	Individuals: single-use		Individuals :Book of single-use tickets(11)	
	Child	Adult	Child	Adult
Gymnasium	¥150	¥260	¥1,500	¥2,600
locker	¥100 Per locker			

About the exemption system of an individual usage fee, it is the same as that of the Minami-ku sports center.

Open : 9AM - 9PM (During July to August, 8:30AM - 9:30PM)  
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## Transportation guide

- From Hiroshima station  
 The streetcar of the Hiroshima harbor (ujina) going is taken and it gets down by Kaigan-douri. On foot 5 minutes
- From Hiroshima station  
 Hiroshima bus of Ujina and the Hiroshima harbor going is taken and it gets down by Miyukimatu. On foot 5 minutes