



NEW

# Information on the studio program

	Tue.	Wed.	Thu.	Fri.	Sat.
A M	Freshness Exercise 10 : 00 to 11 : 00 Object Participants : Anyone Instructor Matsumoto	Freshness Exercise 10 : 00 to 11 : 00 Object Participants : Anyone Instructor Matsumoto	Freshness Exercise 10 : 00 to 11 : 00 Object Participants : Anyone Instructor Onozawa		Freshness Exercise 10:00 to 11:00 Object Participants : Anyone Instructor Ikuta
P M	Body Maintenance 14 : 30 to 15 : 30 Object Participants : Anyone Instructor Matsumoto	Stretch & Conditioning 14 : 30 to 15 : 30 Object Participants : Anyone Instructor Onozawa	Health & Fresh 14 : 30 to 15 : 30 Object Participants : Anyone Instructor Ikuta		
Evening	<b>New</b> Pilates 18 : 00 to 19 : 00 Object Participants : Anyone Instructor Ogawa	<b>New</b> Easy Core Training 18 : 00 to 19 : 00 Object Participants : Anyone Instructor Hiromi	<b>New</b> Body makeup Yoga 18 : 00 to 19 : 00 Object Participants : Anyone Instructor Kito	Soft Aerobics 18 : 00 to 19 : 00 Object Participants : Anyone Instructor Hirano	

90 min. Class... 600 Yen

60 min. Class... 400 Yen

The more ★ marks, the class will be of higher exercise intensity.

No reservations is required. Please come to the class according to the start time of the program.

## Belongings

### Bath towels



You can use them by laying them on the mat.

### Drinks



You can buy it at a vending machine in the facility.

### Shoes



Please bring indoor shoes with yourself.

※ Shoes are not required for stretching, conditioning, and yoga.

## Guidance on use

High school students and above are allowed to use this facility. Even those who are not insured persons of our Health Insurance Society (B members) can use it, but In addition to the usage fee, the following monthly or annual membership fee will be charged.

Member B	Monthly membership fee	500 Yen
Member B	Annual membership fee	5,000 Yen

Member A ... Insured persons of Bosch Health Insurance Society, their dependents, and Society retirees

Member B ... Other than above-mentioned persons (Those who found jobs and became members of another health insurance societies are B member.

Closed : Every Sunday and Monday, GW, summer holidays and winter holidays

Hours : Tue. – Fri. 9:30 - 20:00 (Closes at 20:30)

Sat. 9:00 - 17:30 (Closed at 18:00)

Contact : ✉ h\_center@bosch-kenpo.or.jp

: ☎ 0493-22-0890 0493-22-0889 (Sat. only)

