

Facility Guide



Hours 10:00 a.m.-6:00 p.m.
(last admission 5:00 p.m.)

Closed days

- **Mondays**
(When Monday is a holiday, the facility is closed on the next business day.)
- **Year-end and New Year's holidays**
(Dec. 28-Jan. 4)
- **Other days deemed necessary by the Mayor**

Facility use(per session)

General.....500 yen
Persons who have taken a graded health test within the past three months.....250yen

Fees

■ **Graded health test**

- Comprehensive course.....5,000yen
- Simple course3,000yen
- Diet analysis course2,000yen
- Physical fitness course.....2,000yen

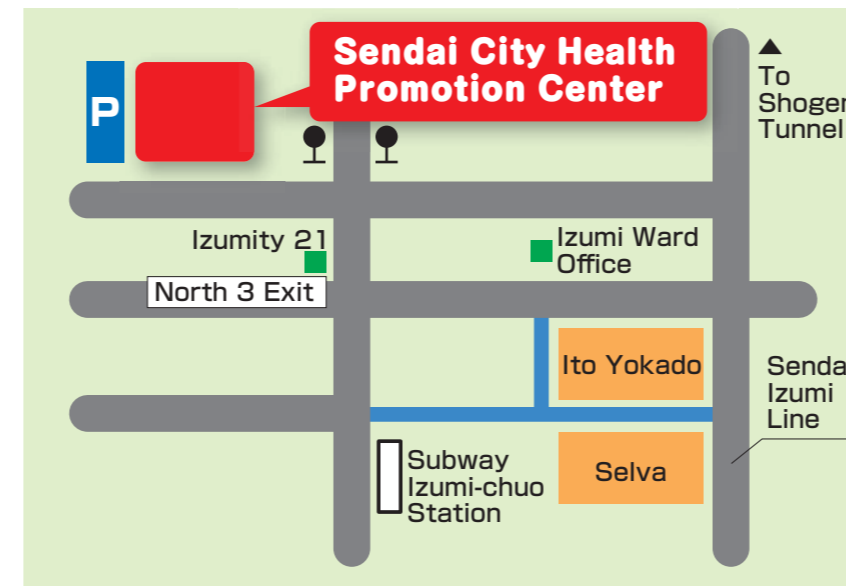
※Persons with a physical disability certificate, rehabilitation certificate, or mental disability health and welfare certificate are exempt from fees. Persons accompanying those with severe physical disabilities (level 1 or 2) or with rehabilitation or mental disability health and welfare certificates for the sole purpose of providing assistance are also exempt from fees. Please show your certificate at the reception desk when you wish to use the facility.

Facility Use

- General admission days (children junior high school age and below are not admitted) and times are announced in advance in the Center Newsletter and on our website.
- In order to exercise safely, persons undergoing treatment should consult their physicians before using the facility.
- Please bring appropriate clothes and shoes for indoor exercise.

Cautions

- Please do not engage in conduct that might disrupt the public order or impede the management of the center.
- Persons whose state of health is deemed to make use of the facility inappropriate, including persons who have contracted infectious diseases, persons under the influence of alcohol, and persons who have been forbidden from exercise due to high blood pressure, heart disease, cerebrovascular disease, diabetes, or other diseases, are asked to refrain from using the facility.
- Conduct that results or might result in damage to the center, equipment or other items is forbidden.
- Smoking is not permitted in the facility.
- Please do not eat, drink or use a cellular phone outside the designated areas.
- Please do not solicit donations, sell goods or provide food or drinks in the facility.



Access

Subway.....A five-minute walk from the North 3 Exit of Izumi-chuo Station
Bus.....A three-minute walk from Kenkō Zōshin Center Mae bus stop

※Please use public transportation when visiting the Center.
※A free parking lot is available. If it is full, please use the nearest paid parking lot.

Sendai City Health Promotion Center

TEL 022-374-6661 FAX 022-374-6664

2-24-1 Izumi-chuo, Izumi Ward, Sendai City 981-3133

Managed by Sendai City Health and Welfare Organization

Helping all citizens live a healthy life



Sendai City Health Promotion Center