

Summary

About Spa Shirokane

Spa Shirokane launched in 1984 to commemorate the 100th anniversary of the formerly-named Meiji Life Insurance Company. This facility is centrally-located in the capital of Japan, Tokyo, which is one of the biggest metropolitan cities in the world. It is also in one of the most exclusive residential districts of central Tokyo called “Shirokane-dai”. The building is five floors tall with two additional underground floors. Each floor has a designated sports facility and the total floor area is around 8,800m² or 94,720 feet². The sports facility consists of a training gym, swimming pool, golf range, tennis court, squash courts, racquet courts, hot studio, massage room, restaurant and much more. Spa Shirokane is a well-established sports club which is the most spacious, gracious, inexpensive and secure of the private sports clubs in central Tokyo. In addition to these amenities, Spa Shirokane also incorporates the surrounding landscape of lush greenery, which is usually unavailable in the big city, to provide an incomparable atmosphere and experience.

Our club management philosophy is to help members achieve a balance between a healthy body and a sound mind. We are dedicated to our members' well-being. Also, our corporate vision is "Let's work hard to be the best club in the local area, overflowing with happiness and good communication." Our club is widely used by men and women of all ages who mainly live in the posh "Shirokanedai, Shirokane and Takanawa" areas. Spa Shirokane offers a variety of options within the facility. Our club is predominantly members-only. However, non-member visitors can gain access to the golf range, squash court, triathlon swimming class (Refer to <http://www.e3-fit.com>) and restaurant.

At this time, we regret to inform you that the admission paperwork and lessons are now done in Japanese-only. However, the triathlon swimming lessons are in English and Japanese.

Our hope is that as many people as possible, including Japanese and foreign citizens, will visit our high-quality club and have the time of their life here. It is "a jewel of Tokyo" that is unlike any other in the world. We look forward to seeing you.

1 . Membership Plans

Spa Shirokane offers a variety of plan options.

Plan	Membership Type	Benefits
Member-1	Fitness member	Access to the training gym, pool, massage room, locker room (Including Japanese bath, shower booths, dry sauna and so on) and reserved parking. Discounted access to other facilities not mentioned and school enrollment are also available.
Member-2	School member	<ul style="list-style-type: none">• Available swimming, tennis, golf squash and racquetball• Wellness club : ballet, children-gymnastics, dance, martial arts, conditioning (total 22 classes)• Triathlon swimming class• Hot studio class

Member-3	<p>Golf member</p> <p>Squash member</p> <p>Racquetball member</p>	Access to either the golf, squash or racquetball facilities only.
Non-member visitors	Fitness visitor	Must be accompanied with a fitness member.
	Racquetball visitor	Must be accompanied with a fitness member or racquetball member.
	<p>Golf or squash visitor</p> <p>Triathlon swimming classes</p>	Open access to the public

2. Price List

Tax not included.

2-1. Fitness Member

The type of member		Entrance fee (Non-refundable)	Membership fee Monthly payment	Facility fee per use
Individual member	A	100,000 yen	15,000 yen	None
	B	100,000 yen	12,000 yen	800 yen
Family member	A	50,000 yen	13,000 yen	None
	B	50,000 yen	10,000 yen	800 yen

2-2. School Member

There is a one-time entrance fee of ¥10,000 for all school members except the triathlon swimming and hot studio classes.

2-2-1. Swimming school (4 times a month)

Name of class	Lesson time	Annual fee	Monthly fee
Women, infant or children classes	60 min.	10,000 yen	10,000 yen
Baby class	60 min.	10,000 yen	10,000 yen

2-2-2. Tennis School (4 times a month)

Name of class	Class type	Lesson time	Annual fee	Monthly fee
Adults	Weekday daytime, evening	90 min.	6,000 yen	13,500 yen
	Weekday night	90 min.	6,000 yen	14,500 yen
	Saturday Sunday			
Children	Kindergarten (4 to 7 years old)	60 min.	6,000 yen	10,000 yen
	Elementary	60min.	6,000 yen	12,000 yen
	Junior H.S. Senior H.S.			
60 minutes	Beginner	60 min.	6,000 yen	12,000 yen
	Champion	60 min.	6,000 yen	13,000 yen

2-2-3. Golf school (4 times a month)

Name of class	Class type	Lesson time	Monthly fee
Adults	Week day	55 min.	14,000 yen
	Saturday, Sunday	55 min.	16,000 yen
Children	Week day	55min.	10,000 yen

2-2-4. Squash school (4 times a month)

Name of class	Class type	Lesson time	Monthly fee
Adults	Weekday	60 min.	10,000 yen
	Saturday & Sunday	60 min.	9,000 yen
Children	Weekday	60 min.	8,000 yen
	Saturday & Sunday	60 min.	7,000 yen

2-2-5. Racquetball school (4 times a month)

Name of class	Class type	Lesson time	Monthly fee
Group	Adults	30 to 60 min. (depend on nos.)	10,000 yen
	Children	30 to 60 min. (depend on nos.)	8,000 yen
Private	-	30 min.	10,000 yen

2-2-6. Wellness club (4times a month)

The lesson hour and monthly fee differs, depending on the class.

Name of class	Class type	Lesson time	Monthly fee
Ballet (10 kinds of classes)	Adults and Children	40 to 150 min.	7,000 to 12,000 yen
Children gymnastics	Children	45 to 60 min	10,000 to 12,000 yen
Dance: Kids hip-hop, Hula dance	Adults & children	60 min.	8,000 to 10,000 yen
Martial arts: Karate, kendo, mutoryu, taijiquan	Adults & children	60 to 120 min.	5,000 to 10,000 yen
Conditioning: Yoga, stretch	Adult	60 min.	10,000 to 15,000 yen

2-2-7. Triathlon swimming class

Class	Lesson time	Lesson ticket	
Adults-only	90 min.	1 time	3,500 yen
		5 times (valid for 60 days)	15,000 yen
		10 times (valid for 120 days)	27,000 yen

(Refer to <http://e3-fit.com/services>)

2-2-8 Hot studio class

This hot studio is also called the “Magma Studio”.

Payment method	Nos. of lesson	Fee
Lesson ticket ※	1 time	3,149 yen
	4 times (valid for 2 months)	11,963 yen
Monthly member	4 times a month	10,186 yen
	8 times a month	18,519 yen
Monthly pass	once a day	22,223 yen

※ : This lesson ticket is also accepted at Insea classes.

(Refer to <http://www.in-sea.jp/english/>)

2-3. For the golf, squash or racquetball members:

There is a one-time entrance fee of ¥10,000 yen.

2-3-1. Golf members

Days	Time	Annual fee	Fee per one time
Weekday	2 hours	12,000 yen	1,500 yen
Saturday, Sunday and holidays	1.5hours		

2-3-2. Squash or Racquetball members

Time	Monthly fee
15 min. The time unit of court availability is 15 min. per one person. You can reserve the court a week in advance. On the day of your reservation, you have the option to renew or continue your session at the next available time slot.	8,000 yen

2-4. Non-member visitors

Visitor type	Days	Time	Fee
Fitness visitor (Must be accompanied with a fitness member)	Weekday	No limitation	5,000 yen
	Saturday, Sunday and holidays	No limitation	6,000 yen
Racquetball visitor (Must be accompanied with a fitness member or racquetball member)	Everyday	15 min.※	3,000 yen
Golf visitor	Weekday	1.5 hours	3,000 yen
	Weekday	After 20:00	2,000 yen
	Saturday, Sunday and holidays	1.0 hours	3,000 yen
Squash visitor	Everyday	15 min.※	5,000 yen
Triathlon swimming	Saturday	90min.※※	3,500 yen

※ : The time unit of court availability is 15 min. per one person.

You can reserve the court a week in advance. On the day of your reservation, you have the option to renew or continue your session at the next available time slot.

※※ : Every time you attend lessons, you are required to sign a written pledges.)

3. Facility

3-1. Building section layout

Floor	Facility	
5F	Golf range, Hot studio, Studio-C	
4F	Tennis court	Utility RM
3F	Squash court, Racquet ball court, Locker RM	
2F	Training GYM, Studio-A&B	
1F	Front reception, Lounge, Restaurant	
B1F	Swimming pool Massage pool	Locker RM for women Massage RM
B2F	Steam sauna	Locker RM for men

3-2. 5th floor

This floor has the golf area (including golf range, hot studio and 5F front desk) and studio-C.

- Golf range

There are eleven practice ranges, a long-putting practice area and a fine sand practice bunker. All golf clubs, such as the driver or iron are provided free of charge.

※ The golf range is available to non-member visitors

- Hot studio (is called the “Magma Studio”)

Magma Studio is made of pure lava stone plates from Mt.Fuji that are laid atop about 30 different kinds of stones with medicinal properties. Through controlled heating methods of these lava stones, healing properties of far infrared effects and ore minerals are emitted. This increases body temperature and perspiration, accelerates metabolism, facilitates blood circulation and activates cell regeneration.

(Refer to <http://www.in-sea.jp/english/>)

- Studio-C

This is the biggest of the three studios in Spa Shirokane. The floor area is 100m² or 1,076 feet². The ceiling height is 4 m or 13.1 feet. Most lessons in the Wellness club, such as ballet, dance and so on, are performed in this studio.

3-3. 3rd floor

This floor has one tennis court, two squash courts, two racquet ball courts, 3F lounge, 3F front desk, sports wear shop for tennis, squash and racquet ball, and the women's and men's locker rooms for school members. The ceiling height of this floor ranges from 6.1m to 7.7m or 19.7 feet to 25.3 feet.

※ The squash courts are available to non-member visitors

3-4. 2nd floor

This floor has the training gym, which consists of a training equipment area, a free weight area, a stretch area and studios-A&B. The floor area is 780 m² or 8,396 feet². The ceiling height is 5m or 16.4 feet. The gym is one of the most spacious in central Tokyo, boasting a beautiful view of verdant scenery. The following state-of-the-art equipment is provided: tread mills: 14 pcs., bikes, stepping and climbing equipment: 28 pcs., muscle training equipment:13 pcs., POWER PLATES (Equipment using whole body vibration technology): 3 pcs. and so on. In addition, a variety of lessons, over 100 a week, are provided in studio-A&B. Programs are flexible and can be specially designed to meet individual needs. Finally, in order to support your training more efficiently, we also offer many private lessons with experienced trainers. These are available in accordance with your request.

3-5. 1st floor

On the 1st floor, you will find the front desk, the lobby, the lounge, a sports wear shop, the “Hidamari Shokudo” restaurant and the multi-story parking garage

- Lounge

The lounge is reserved for fitness members-only.

The lounge faces a lush garden, which is a rare sight in central Tokyo. Fitness members can relax in reclining chairs or with cutting-edge massage equipment.

- “Hidamari Syokudo” Restaurant

The restaurant is open to the public. The restaurant name “Hidamari Syokudo” means “to have the atmosphere like a sunny and warm place, without exposure to the cold wind of winter”. Facing a verdant garden, people can enjoy “Washoku”, which are Japanese-style meals at an affordable price. The restaurant prides itself on offering high-quality ingredients and services and being mindful of the health of their customers.

- Multi-story parking garage (capacity:46 cars)

The parking garage is reserved for fitness members-only.

Large-sized cars that can't enter this garage can park in another lot (capacity:6 cars) that is diagonally-located across from Spa Shirokane on "Meguro-dori".

3-6. Basement 1st floor

On this floor, you will find the women's locker room for fitness members, a massage room and both women's & men's swimming locker rooms for school members, including an observation room for swimming lessons.

- Women's locker room for fitness members

Lockers using IC (Integrated Circuit) tags, rental lockers, a dressing corner and a bath room are provided. In the bath room there are Japanese-style hot and cold baths, shower booths, a body-washing area and a dry sauna.

- Massage room

Nationally-licensed practitioners provide massage and acupuncture services in separated booths.

3-7. Basement 2nd floor

The B2nd floor has a pool area that includes a swimming pool, a massage pool and a steam sauna, and the men's locker room for fitness members. The floor of the swimming area is 826 m² or 8,891 feet². The ceiling height is 5m or 16.4 feet. The pool area overhead is very spacious.

- Swimming pool

The swimming pool is one of the biggest private pools in central Tokyo. The length is 25m or 82.0 feet with 5 lanes. The staircase is 7m or 23.0 feet wide, which allows easy entry into the water. The water depth ranges from 1.3 to 1.35 m or 4.3 to 4.4 feet. The width of each lane is 2.0 to 2.5m or 6.6 to 8.2 feet. The pool water has the highest degree of transparency. It is ionized and activated through a purifier. As a result, the pool water is very good for the skin. Also, swimmers will not experience eye pain or a strong chlorine odor, which is characteristic with other pools.

- Massage pool

The jets stream from both the bottom and walls of the pool. The pool is designed for relaxation.

- Steam sauna room

The room is filled with hot steam ranging from 45 to 48 Celsius or 113 to 118 Fahrenheit. There are also the dry saunas provided in the women's and men's bathrooms respectively.

- Men locker's room for fitness members

Lockers using IC (Integrated Circuit) tags, rental lockers, a dressing corner and a bath room are provided. In the bath room there are Japanese-style hot and cold baths, shower booths, a body-washing area and a dry sauna.

4. Member Qualifications

In order to be a member of Spa Shirokane, you :

- (1) Must live in Japan
- (2) Be in good health
- (3) Have dignity and social confidence
- (4) Must not have any tattoos (including fake tattoos)

5. Location and Hours

• Address : 1-1-18 Shirokanedai Minato-ku

Tokyo Japan 108-0071

• Phone number : 03-3444-5811

• URL : <http://www.spa-shirokane.com>

• Business hours: Tuesday through Saturday

10:00 to 22:30

(Exercise area is till 22:00)

Sunday and holidays 9:00 to 20:30

(Exercise area is till 20:00)

Closed on Monday

(Except national holidays

9:00 to 20:30)