



Client:

Fitness House Palet Nakagawa

Location & Contact Information:

1-18-5 Nakagawa Tsuzuki-ku
Yokohama-shi, Kanagawa 224-001
Japan
045-915-7702 / phone
www.fh-palet.co.jp

Opening Date:

September 2009



Classes, Programs, and Services:

- Fitness assessment and counseling
- Cardio, strength training, and free weights equipment
- Personal training, Kaatsu training
- Land-and-aquatic-based group exercise classes
- Aquatics center featuring 25m lap pool, warm water, diving-practice pool 5m in depth exercise pool, jacuzzi, and steam sauna
- Squash courts (3), indoor golf driving ranges (4), gymnasium
- Dedicated aerobics, yoga, dance, circuit exercise studios (2 studios & 1 circuit exercise studio)
- Swimming, rhythmic gymnastics, gymnastics, and rythmique lessons for kids
- Swimming private lessons for adults



Special Feature:

- Physical Therapy