

①May I have your passport?

※We will take a copy of your passport.

※Driver's licenses issued outside Japan are not recognized as official identification in Japan.

②Is there a possibility that you use this gym again?

③Do you have any tattoos?

※If your tattoos are larger than 15 cm (H x W), an agreement form must be signed.

※Your tattoos must be fully covered with long sleeves, long pants or tape. If you have tattoos that cannot be covered by long pants, you will need to buy tape (1,056 yen) at our store or get long pants from another store.

※Rental long sleeves (340 yen) are available.

④Do you have second pair of shoes?

Shoes worn outside shouldn't be used inside the gym. Please bring your indoor shoes.

Rental shoes (340 yen) are available.

※It's customary to change shoes to maintain a clean environment.

►Price

• 1 DAY…¥3,080 (tax included)

※Valid for 5 hours. Re-entry to the gym requires the purchase of a new 1-DAY PASS.

※Offer special price for guests staying at APA hotels around GOLD'S GYM NAGOYASAKAE.

※If you purchase items with this tag, you will receive a discount on 1DAY pass. ¥3,080→¥550



• 10 DAYS…¥11,000 (tax included)

A pass with rental shoes included. You can use any Gold's Gym nationwide(※) for 10 days from the registration date. If you plan to visit during the end and start of the year, you will need to purchase a visitor ticket. You can visit multiple gyms in a single day.

※Premium, Kashiwa, Yokosuka, Narita, Koriyama, and franchise locations are excluded.

• 1 MONTH

¥18,700 …Only available at GOLD'S GYM NAGOYASAKAE .

►How to use the lockers

Just insert the yellow card into the device behind the locker door, set a passcode, and then lock it.



▷Opening hours

●Weekdays: 7:00 AM - 11:30 PM

●Saturdays: 7:00 AM - 11:30 PM

●Sundays: 9:00 AM - 8:00 PM

●Holidays

(Weekdays & Saturdays):

7:00 AM - 11:00 PM Holidays

(Sundays): 9:00 AM - 8:00 PM

●Closed on the third Monday of every month



10 DAYS Traveler's Passport

For travelers staying for several days

10日間トラベラーズパスポート～旅行等で複数日滞在されている方向けプラン～

¥11,000 tax (税込価格)
included

- ☒ **Shoes rental included.** シューズレンタル付き
- ☒ **Use multiple gyms per day.** 1日複数店利用も可能

Give you access to all Gold's Gyms nationwide for 10 days from the registration date. International members who have a Gold's Gym Travel Passport can use our gyms for additional free 14 visits.

全国のゴールドジムが登録日から10日間利用できるプランです。

海外のメンバーの方は、ゴールドジムトラベルパスポートをお持ちの場合、別途14回無料でご利用頂けます。

*Yoyogi Koen Premium, Kashiwa, Yokosuka, Narita, Koriyama, and franchise locations are not included.

*A valid government issued ID is required. ※要身分証明書 ※代々木公園PREMIUM、柏、横須賀、成田、郡山、フランチャイズ店は対象外

*Not valid during New Year's holiday business hours. ※年末年始の特別営業時の利用は対象外

*Registration can be done multiple times. ※何度でも登録は可能

GOLD'S GYM®