

July 12, 2021

Relaxation of some restrictions due to cancellation of pre-emergency measures.

We would like to thank you for your continued patronage.

Due to the cancellation of pre-emergency measures, some restrictions in the facilities will be relaxed.

We will continue to monitor the status of corona infections and strive to return to normal business. Thank you for your understanding.

■ **No need to wear a mask outdoors**

As the temperature rises, the risk of heat stroke and dehydration increases, so it is not necessary to wear masks outdoors. Masks will continue to be worn on the premises except for the locker room and pool.

■ **Masks not necessary for children under 11 years old**

A small child wearing a mask may delay the detection of an abnormal physical condition due to risk of heat stroke or respiratory distress, as well as difficulty in observing their complexion and breathing conditions. If you are concerned about your child under 11 years old wearing a mask, please have them put one on at the discretion of a guardian.

■ **Partially revised restrictions on conversations.**

Conversations on the premises have been restricted in each area except for outdoors, poolside, and locker rooms. (However there are no restrictions outdoors, by the pool, and in the locker room,) But please refrain from talking in these areas as much as possible.

■ **Partial modification of maximum number of participants in the studio**

Capacity for floor classes (e.g. Yoga, Pilates) has increased from 8 to 10. We will continue to have 8 students in classes that involve movement (such as step class).

■ **Opening of dry saunas in the locker rooms**

The dry sauna in the locker rooms will be open. There are no restrictions for the use of the sauna, so please use it at your own discretion. The usage rules and restrictions at the poolside dry sauna will not change.

