

Facilities



Fitness & Aqua Zone



The adjoining Dai-ichi Hotel Tokyo Fitness and Aqua Zone is a members-only sports club equipped with a pool, gym, exercise studios and shower rooms. Hotel guests can use the sports club for a fee of ¥1,650/day.(¥1,100/ 8:00am to 10:00am on weekdays and available all day on Saturdays, Sundays and Holidays.) The range of exercise classes offered include aerobics, yoga and dance.

● Opening Hours

Pool & Gym

Monday to Saturday, Public Holidays 7:00 to 21:00
(Latest check in at 20:30 / Latest check out at 21:30)

Sunday 7:00 to 19:30
(Latest check in at 19:00 / Latest check out at 20:00)

● Notice of Use

The following people are not able to use the sports club.

- Minors under the age of 18
- People with health conditions affecting their physical activity
- People with tattoos or other ink drawings on their body

*Please inform Fitness and Aqua Zone staff if you have a tattoo.

Rash guard is available for rent.

● Items for Rental

You can also rent exercise clothes and shoes, swimsuits, socks and other sports items. (Fee will be charged)

Bath and face towels are supplied free of charge.

● Sports Club Facilities

Gym

You can use a range of fitness and weight training machines for getting into shape, improving your general health, or basic body building, etc. Let the professional trainers advise you on the best machines and exercises to help you achieve your ideal physique and strength.

Exercise Studios

The studios are equipped with cushioned flooring to support your body as you enjoy a wide selection of classes from yoga to aerobics, which are tailored to suit the various fitness levels, goals and schedules of members.

Pool

You can swim, do aqua exercises or just relax in the extremely clean and well maintained hotel-class pool.

Relaxation

Another benefit of using the Dai-ichi Hotel Tokyo fitness facilities is being able to relax in the sauna, showers and whirlpool bath after exercising.