

ATR Hanzomon is athletic training room near by the Imperial Palace. We offer programs including personal training, acupuncture and massage treatment. Professional athletic trainers help not only for runners to enhance performance but also for people suffering from injuries such as stiff shoulder and low back pain.

**If you have those problems, come and see us!**

- need some training advices from athletic trainers
- have stiff neck, knee pain, or low back pain.
- want to learn proper posture.
- want to exercise but don't know what to start.
- want to lose some weight through exercise and improve overall health.



**Personal Training**

Athletic trainers offer customized conditioning programs to improve performance and improve overall health.



**6,300yen** (including tax)  
for **60 minutes**  
**8,400yen** (including tax)  
for **90 minutes**

**Treatment**

Licensed acupunctured and massage therapists offer treatment to improve overall health.



**8,400yen** (including tax)  
for **60 minutes**  
**12,600yen** (including tax)  
for **90 minutes**  
**16,800yen** (including tax)  
for **120 minutes**

**Stretching**

Female athletic trainers offer stretching to improve flexibility and decrease pain of shoulder and low back. You learn proper self-stretching.

**4,200yen** (including tax) for **45 minutes**

**Contact us**

Feel free to call us before you come.  
We have some English speakers available  
**tel.03-6380-9156**

〒102 - 0083

Sawada Kojimachi Building 7F 1-10  
Kojimachi Chiyoda-ku Tokyo



<http://atrhanzomon.tryworks.co.jp>



 **1 minute to the Imperial Palace!**

 **1 minute from exit 3a of Hanzomon Station!**

