

Gold's Gym is one of the world's biggest fitness network with over 700 gyms in 30 different countries with over 3 million members.

GOLD'S GYM®

Ginza Central



You can have a full workout at the center of Ginza! Only a minute walk from Ginza station.



Well equipped gym suitable from beginners to advanced athletes.



Aerobic studio

Collagen machine (women only/fees apply)

Store with workout supplies and an official Reebok store.

Ginza Tokyo

24h OPEN!



Open 24hrs. Well equipped gym with a spa.



Aerobic studio

Semi-natural hot spring spa.



Stone spa (women only/fees apply)

Mist sauna (women only)

Dry sauna (men only)

Protein bar

Discounts only for hotel guests

Discounts will apply only when an individual brings their room key/receipt and their passport.

1 Day
1,650 円
(tax included)

Up to 5hrs per visit.

3Day
3,850 円
(tax included)

3 time pass to the gym.

1 Week
6,050 円
(tax included)

Unlimited access to the gym for a week.

※Only apply for ages 16 and older. Please bring an official ID, stating the person's home address, and any document stating the person's stay at the hotel. You will need workout clothing, towel and shoes which have not been worn outside to use our facility. We carry rental clothing, towels and shoes. (fees apply). Rental supplies: Small towel 100 yen, large towel 160 yen, t-shirt 330 yen, shorts 330 yen, shoes 330 yen, full rental set 1030 yen. All tax included. Tattoo may not be visible in our facility.

340

340

1050

Ginza Central
03-3538-7272

Address/

Level B-1 Bunshodo bld 3-4-12, Ginza, Chuo-ku Tokyo, 104-0061, Japan

Business hours/

MON~FRI 7:00~23:30, SAT 9:00~23:30, SUN, HOL 10:00~18:00

Business holidays/Every 3rd Monday

Behind the Ginza Apple store

GOLD'S GYM
Ginza Central



GOLD'S GYM
Ginza Tokyo

Ginza Tokyo
03-3535-7373

Address/

Level 2 Konya bld 1-2-1, Ginza, Chuo-ku Tokyo, 104-0061, Japan

Business hours/

open 24hrs

*Close at 20:00pm every Sundays

open at 7:00am following Monday.

Business holidays/Every 2nd Monday

Any stations near Tokyo station.