

Fitness Options

Gyms and Fitness Centers

Gyms and fitness centers are everywhere in the city, rates vary but they should be one within biking distance of everyone's apartments. Our suggestion is that you ask your schools once you arrive for the best locations.

Lake Senba

One of the landmark attractions is the beautiful Lake Senba, a part of the famous Kairakuen Park. The most oft-used and commonly known feature is of course the footpath. Divided in half to cater to both walkers/joggers and cyclists, the footpath encircles the entire lake at close proximity, and is marked in metres for those who like to measure their workouts. In fact, the entire circumference is a round 3 kilometers or 1.9 miles. It is perfect for a relaxing stroll or an invigorating run.

