

Fitness Gym & Training Room

Refresh your mind and body during the congress

Take a short break from scientific sessions and recharge yourself with light exercise or training.

The Fitness Gym & Training Rooms are available exclusively for ICAR participants during the congress period.

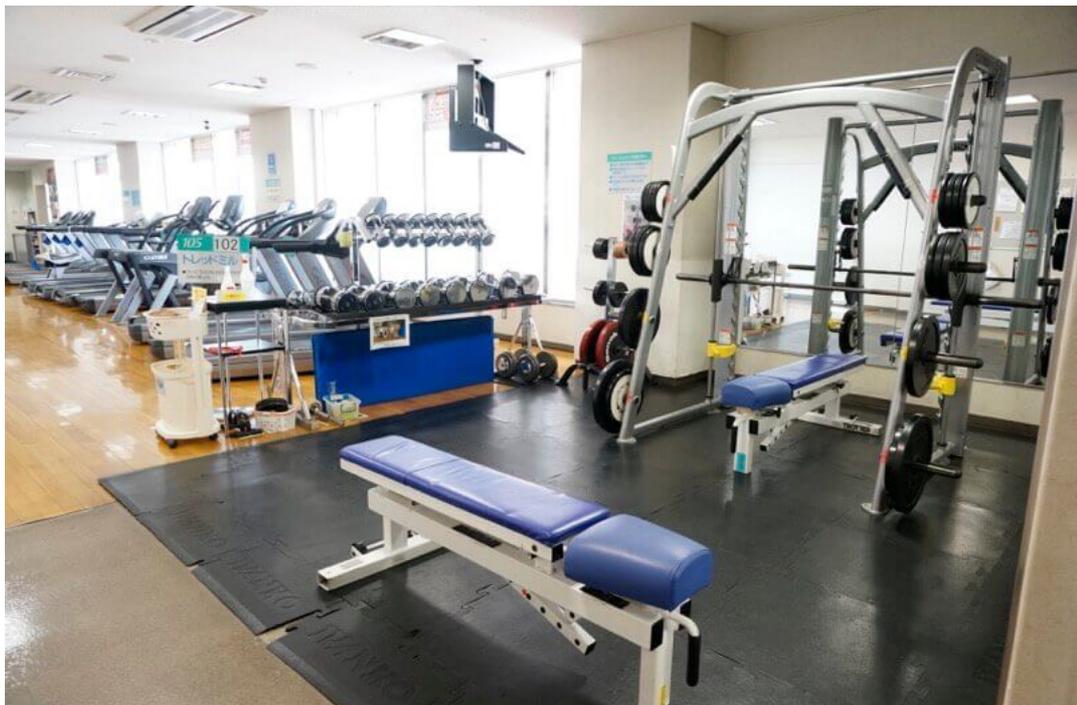
Exclusive & Free Access for ICAR Participants

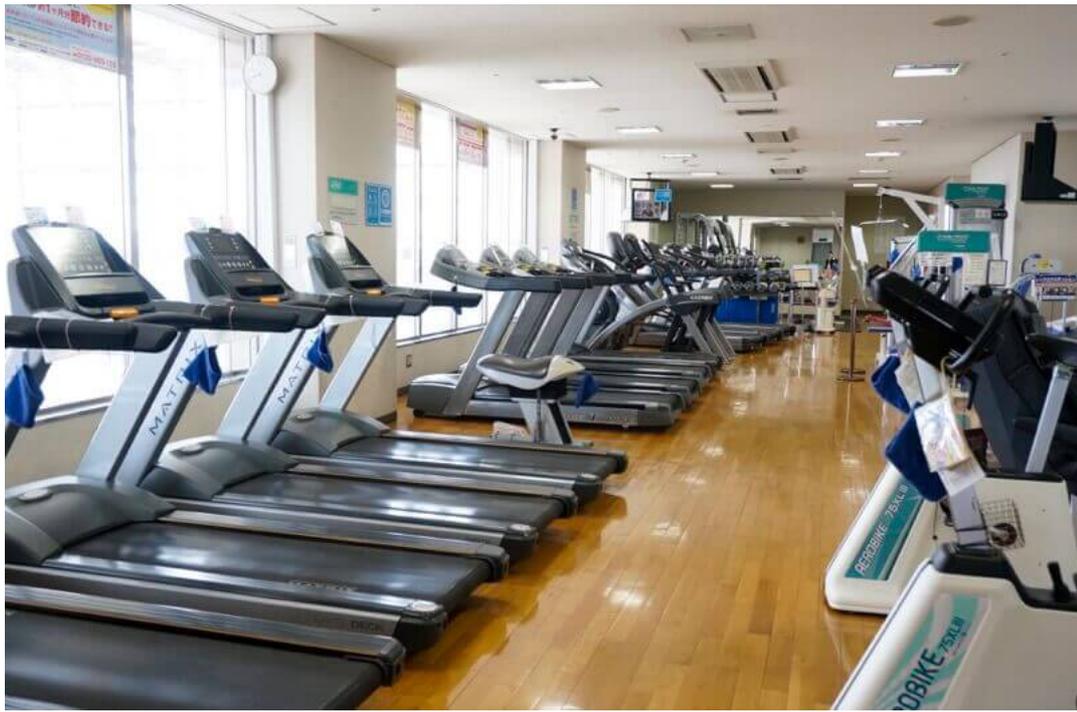
June 23 (Tue) – June 26 (Fri)

During this period, the facilities are reserved exclusively for ICAR participants and related personnel and can be used free of charge.

Facilities

- Training Room (free weights,)





- Fitness Studio (stretching, light exercise)



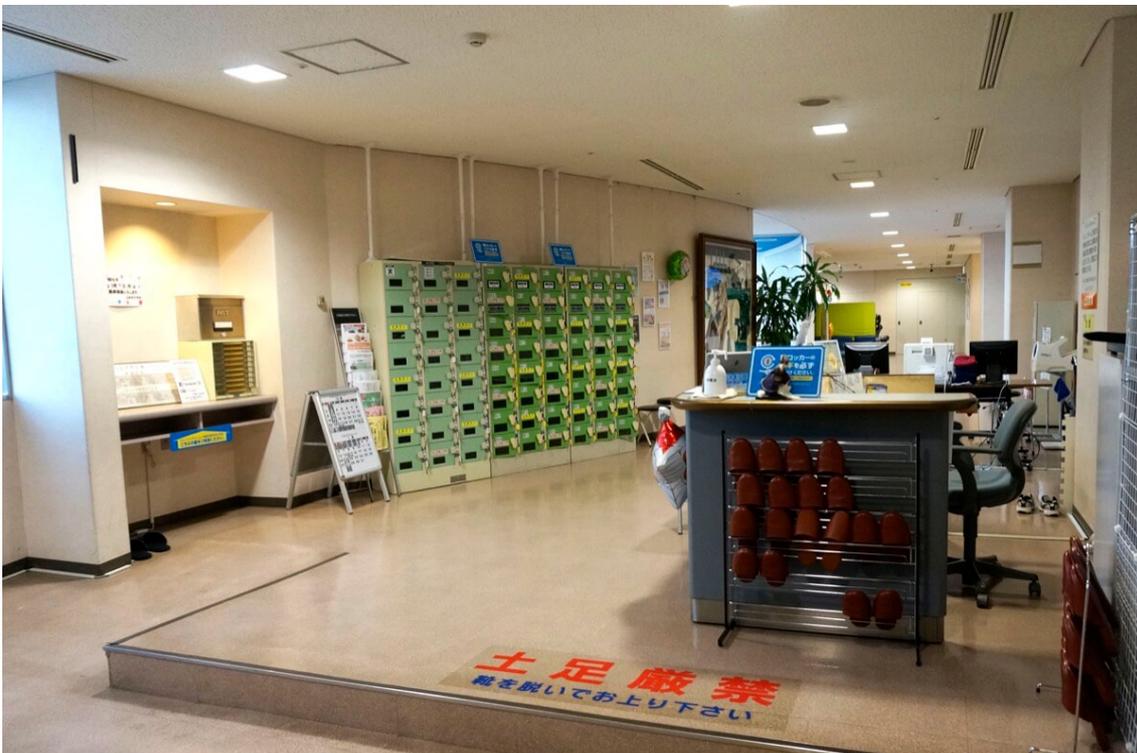
- Light Exercise Room



• These spaces are suitable for short workouts, stretching, and refreshing between sessions.

Important Information

- **Outdoor shoes are not permitted** in the exercise facilities.
Please note that **access to some areas may be restricted if you do not have indoor shoes.**
- When using the facilities, please **present proof that you are an ICAR participant or related personnel** at the reception desk.
- Reception staff are always on site.
Please feel free to ask if you have any questions.



Recommended for you

- A quick refresh between sessions
- Stress relief after presentations
- Maintaining your routine even during the congress