



SERVICES & PRICING

RESOLVE FITNESS & TRAINING CENTER · EBISU, TOKYO
Performance Infrastructure for the Global Executive & Community

Initial Performance Assessment & Program Design

JPY 55,000

A full diagnostic of biomechanics, metabolic markers, and objective goal-setting. Forms the foundation of all personalised programming.

REQUIRED · NEW MEMBERS

EXECUTIVE MEMBERSHIPS — PRIVATE STUDIO · EBISU

OPTION 1 — ESSENTIAL CONTINUITY

JPY 180,000

/ Month · 消費税別

- 4 In-Person Sessions / Month
- Full remote programming for independent training days
- Built-in **30-day session rollover**
- Access to all Resolve Outdoor Group Events

MOST POPULAR

OPTION 2 — PERFORMANCE PRIORITY

JPY 260,000

/ Month · 消費税別

- 8 In-Person Sessions / Month
- Travel-adjusted programming — **global access**
- Unlimited **'Power Half Hour'** express coaching
- Priority Booking & VIP Outdoor Event access

OPTION 3 — FULL EXECUTIVE ACCESS

JPY 380,000

/ Month · 消費税別

- 12 In-Person Sessions / Month
- Dedicated WhatsApp / Signal **priority channel**
- Concierge scheduling + unlimited Power Half Hour
- Unlimited Outdoor Events + **1 Guest Pass / event**

The Resolve Ecosystem: All memberships include community access and high-efficiency tuning via 'The Power Half Hour.' Training continuity is protected under our global rollover structure — your programme travels with you.

Community & Group Services

STUDIO DROP-IN

OUTDOOR GROUP EVENTS (NEARBY PARKS)

ENGLISH LANGUAGE SERVICES

Private Training — Single Session

Bespoke, elite coaching in the private Ebisu studio.

60 min | **15,000 JPY** *(incl. tax)*

Semi-Private Training

Small-group sessions with individual attention & strategic motivation.

60 min | **10,000 JPY / person** *(incl. tax)*

Group Fitness (Boot Camp)

Energetic outdoor sessions in Ebisu/Shibuya parks, all levels.

45 min | **4,000 JPY** *(incl. tax)*

Fit & Fluency (Language + Fitness)

Active language learning outdoors. Build body and skills together.

60 min | **4,500 JPY** *(incl. tax)*

Perfect for language-focused fitness.

Free Community Sessions

Periodic outdoor sessions open to all — no cost, no commitment.

45 min | **FREE**

Periodic — see schedule @getresolve

Private English Lesson (1-on-1)

Immersive, tailored sessions for all levels.

50 min | **10,000 JPY** *(incl. tax)*

Small Group English (3–5 People)

Interactive conversational practice to build community and confidence.

50 min | **3,500 JPY / person** *(incl. tax)*

Language & Conversation Events

Relaxed community gatherings for pure conversation and connection.

50 min | **2,500 JPY** *(incl. tax)*

* Community & group prices include 10% Japanese consumption tax. Executive membership prices are pre-tax.

* Introductory packages and multi-session passes available — inquire for details.

* For external (non-studio) private sessions within the Ebisu/Shibuya area, a flat 1,000 JPY travel fee applies.

* For clients seeking the English-speaking fitness community, group events are the perfect starting point.

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