

Exercise in the Prism Hall Entrance Lobby

Rhythm@Prism

Everyone's welcome — Join us whenever it suits you!

People in wheelchairs or with mobility concerns, and those with infants or toddlers, are all warmly welcome to participate!

Enjoy moving to the music in your own way!

Dates: Nov. 22, Nov. 29, Dec. 6, 2025; Jan. 10, Jan. 24, Feb. 21, Feb. 28, 2026

(1) Easy course: 9:30–10:15

(2) Active course: 10:30–11:15

Venue: Hikari no Plaza Entrance Lobby, 1st floor, Yao City Cultural Center Prism Hall

Free admission / No registration required / Please come directly to the venue on the day.

Please wear comfortable shoes to prevent injury.

Navigator: “Shigeyan,” choreographer from Naniwa (Ms. Shigemi Kitamura)