

# GYM MENU



## FITNESS RITUALS

### MUAY THAI

(60 MINUTES | MAXIMUM TWO GUESTS)  
THB 2,000++ PER PERSON  
THB 2,500++ PER COUPLE

Learn the ancient art of Siamese self-defense and shed those excess pounds, whilst learning the art of eight points of the limbs striking, blocking, and throwing with our resident in house experts. Particularly good for cardio fitness, reflexes, confidence and mobility.

### CARDIO BLAST

(60 MINUTES | MAXIMUM TWO GUESTS)  
THB 1,800++ PER PERSON  
THB 2,300++ PER COUPLE

This class increases your heart rate with aerobic steps and moves that strengthen your body using a variety of equipment.

### SUSPENSION TRAINING

(60 MINUTES | MAXIMUM TWO GUESTS)  
THB 1,800++ PER PERSON  
THB 2,300++ PER COUPLE

Using the Rip 60 suspension training system you will get a complete all over body workout by only using your body weight and suspension support from a fixed point in the ceiling. Originally pioneered by the US Navy seals, now made available to you by our resident fitness expert. Muscular conditioning and toning at its best.

### YOGA

(60 MINUTES | MAXIMUM TWO GUESTS)  
THB 2,000++ PER PERSON  
THB 2,500++ PER COUPLE

Join us for our early morning and evening Yoga sessions. Designed for conditioning and mobilizing joints and all major muscle groups of the body. Elevating energy levels, soothing stiff and aching joint improving circulation and clarity of mind as well as increasing flexibility.

### PRIVATE TRAINING

(60 MINUTES PER SESSION)  
THB 1,800++ | 1 SESSION

Notifications:

- Advanced reservations required.
- The trainers are certified professional trainers with an ability to communicate in English.
- Training sessions can be customized, and depend on the availability.
- Hotel disclaimer form needs to be filled prior to activities.