Fitness with a view – only at Lifestyles on 26, Centara Grand at CentralWorld

Tired of expensive gym memberships? Uninspired by your current fitness studio? Or perhaps you're just looking to breathe some new life into your overall wellness regime?

Whatever the case, and whatever your ability – look no further than LifeStyles on 26, a modern gym and fitness studio located 26 floors above Bangkok at Centara Grand & Bangkok Convention Centre at CentralWorld.

As well as a fully-equipped free-weight and cardio area, the adjacent studio also offers a range of daily classes, including Yoga, Zumba, Pilates, TRX, High Intensity Interval Training (HIIT) and more.

And the best thing? No membership is required!

Whether it's your first time or 100th time, single drop-in prices for all non-members start at THB 400 per class. You can also save by purchasing a 10 class package for THB 3,500 or a 20 class package for THB 6,000 – which means the price per session is just THB 300.

To discover more about LifeStyles on 26 and the range of fun, fat-burning activities on offer, please feel free to drop in or call us on 02-100-6299.

Find out more about LifeStyles on 26 below.
Website: www.centarahotelsresorts.com/centaragrand/cgcw/services
Facebook: Centara Grand & Bangkok Convention Centre at CentralWorld
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