# Leave the gym floor behind and stretch it all out with ‘Yoga Fly’ – only at Lifestyles on 26

Lifestyles on 26 here at Centara Grand at CentralWorld offers a variety of fun fitness classes for all abilities. One of our most popular – and unusual – is our weekly ‘Yoga Fly’ class that lets you stretch it all out while dangling from the ceiling using specialist equipment and techniques.

The benefits of yoga are no secret anymore, with many of us having at least tried this ancient practice that combines elements of mental and physical wellbeing while building up muscle strength and flexibility at the same time.

Our fly yoga classes, held every Monday from 20.00 – 21.00 at our 26th-floor fitness studio, offer a whole new take on the activity. As you are lifted off the floor, less pressure is exerted on your limbs, allowing you to stretch deeper and for longer.

Plus, you get some pretty impressive views over downtown Bangkok as you hold the poses and feel the burn at the same time!

LifeStyles on 26 employs professional yoga instructors for these classes, which are available for both members and non-members at just THB 400 per hour.

For more information or advance bookings, please call us on: 02-100-6299.

Website: www.centarahotelsresorts.com/centaragrand/cgcw/services
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