

Mix up your fitness routine with LifeStyles on 26's range of fun classes



Tired of the treadmill? Endless elliptical sessions not giving you results?

Then perhaps it's time to mix things up and inject a little fun into your exercise routine with LifeStyles on 26's range of fitness classes.

Located 26 floors up at Centara Grand at CentralWorld, our fully-equipped gym and fitness studio offers both members and non-members weekly Zumba classes, TRX sessions, high-intensity interval training (HIIT), Pilates, Yoga and more.

You can drop by to have fun with a single class from THB 400 - or take advantage of our flexible class bundles and group membership options.

10-session packages are priced at THB 3,500 or 20 sessions at THB 6,000 (which works out to be just THB 300 per class). These packages are valid for 6 months and 1 year respectively, and can be used on any combination of classes listed above.

Full-time members are also free to use our gym, which is equipped with free weights, kettlebells, barbells, mats, cardio machines.

To find out more about the range of classes and membership options available at LifeStyles on 26, please call 02-100-6299 or take the elevator up to the 26th floor of Centara Grand at CentralWorld.

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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