

Re-start your (Thai) New Year's Resolution with Personal Training at LifeStyles on 26, Centara Grand at CentralWorld



Failed to keep your New Year's resolution of getting fit and firm in 2018? Then you're in luck – because Thailand thankfully celebrates two 'New Years', meaning there's no excuse this time around!

Mark the start of the Thai New Year with a fresh new you here at Lifestyles on 26 with our range of Personal Training sessions and packages. These start at THB 1,200 for an hour with one of the gym's certified professional trainers, or you can book a 10-session package for THB 10,000.

Want to buddy up and get fit at the same time? Then we have some other flexible buddy and group training options available – ideal if you have a friend or a group of colleagues in Bangkok with similar fitness goals. Our 'Buddy Training' packages are priced at THB 13,000 for 10 sessions (for two people) and 'Group Training' packages cost THB 18,000 for 10 sessions based on 3-5 people attending each one-hour session.

Please find the full personal training options at Lifestyles on 26 below:

Personal Training (for 1 person) – 1 hour

- 1 session THB 1,200
- 10 sessions THB 10,000

Buddy Training (for 2 people) – 1 hour

- 1 session THB 1,500
- 10 sessions THB 13,000

Group Training (for 3-5 people) – 1 hour

- 1 session THB 2,000
- 10 sessions THB 18,000

You can find the Lifestyles on 26 fitness center located on the 26th floor of Centara Grand at CentralWorld, with direct access from road level or via BTS Siam and Chidlom. For more information, please call 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

Instagram: Centaragrand Centralworld

Twitter: Centara Grand at CTW