Ready to Get Back in Shape? The New Normal ‘Lifestyles on 26’ Fitness Center at Centara Grand at CentralWorld has reopened!





We are pleased to announce the reopening of Lifestyles on 26! To eliminate the risk of infection, comprehensive safety, hygienic, and social distancing measures have been fully implemented throughout the property, making us one of the safest places to workout in Bangkok.

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

To get you back in shape, here is some special promotions for you to restart your routine after quarantine with us!

– THB 48,000: Annual Memberships (06.00-23.00 hrs.)
– THB 32,000: Off-Peak – Annual Memberships (09.00-16.00 hrs.)
– THB 19,000: Off-Peak – Six Month Memberships (09.00-16.00 hrs.)
– THB 40,000: Purchase 3 Annual Memberships (per membership)

Our fitness centre is equipped with free weights and 24 different types of cardio and strength TechnoGym machines. We also have a studio that offers a wide range of daily classes, including Yoga, Zumba, Pilates, TRX, High-Intensity Interval Training (HIIT), and much, much more.

We just received the “Amazing Thailand Safety and Health Administration: SHA” certification for meeting, hygiene, health, and safety standards issued by the Tourism Authority of Thailand (TAT).

To learn more about LifeStyles on 26 and the range of bodybuilding, body sculpting, body toning, and fat-burning activities on offer, please feel free to stop by 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
Instagram: centaragrand_centralworld