Say Bye to Boring Crunches and Hello to Fun Pilates at LifeStyles on 26!, Centara Grand at CentralWorld





Male or female, young or old, pro-gymnast or couch potato; Pilates is an invigorating fitness activity that anybody can enjoy. And, with a professional instructor, you'll start to notice both the physical and mental benefits after only a few sessions.

Our Pilates classes here at LifeStyles on 26 involve performing slow and precise movements in repetition, with an emphasis on developing your overall balance by gradually working those cores, abdominal and lower back muscles (which mean no nasty crunches).

You can find us on the 26th floor of Centara Grand & Bangkok Convention Centre at CentralWorld, with Pilates classes held every Friday from 18:30 – 19:30 hrs and Saturday from 14:30 – 15:30 hrs. All you need is your gym clothes (we provide mats and towels for when things get sweaty).

Plus, with our special pay-as-you-go fee of THB 400 per session, not being a member of our fitness center is no excuse…You can save even more by purchasing 10 sessions for THB 3,500 or 20 sessions for THB 6,000.

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