

# Shake those calories away with Zumba at LifeStyles on 26, Centara Grand at CentralWorld



Whether you're a seasoned dancing pro or just starting out, our Zumba classes here at LifeStyles on 26, Centara Grand at CentralWorld provide a fun (and sweat-inducing) midweek pick-me-up for all abilities.

As you move to the sound of Latin-inspired beats, our expert instructors guide you through these high-energy 60-minute classes, which are held three times per week (Tuesdays 18:30-19:30; Wednesdays 14:00-15:00; and Thursdays 20:00 - 21:00) on the 26th floor of Centara Grand at CentralWorld.

Thanks to the high-tempo dance moves and variety of different motions, Zumba burns up to 400 calories per hour, which is generally more than most other aerobics classes - a definitely a lot more fun than an hour spent on the treadmill! Certain moves, thrusts, and shakes are integrated into each class to target different muscle groups too, meaning that after a while, you should start to see more toned and stronger muscles.

The drop-in price for Zumba classes at Lifestyles on 26 is THB 400 per 1-hour session. Non-members can also save by purchasing bundles, with 10 sessions at THB 3,500 or 20 sessions for THB 6,000.

For more information, please call 02-100-6299 or visit us on the 26th floor of Centara Grand at CentralWorld.

Find out more about LifeStyles on 26 below.

Website: [www.centarahotelsresorts.com/centaragrand/cgcw/services](http://www.centarahotelsresorts.com/centaragrand/cgcw/services)

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