Sweat it out this 2019 with LifeStyles on 26's 'Classes V' spinning classes





"New Year, new you"? How about "New Year, new way of having fun while exercising"? After all, you're going to be doing this for the next 12 months (and beyond), so if you actually enjoy your new fitness regime, there is much less chance that you are going to give up.

With that in mind, let us introduce you to "Classes V – Bike" at LifeStyles on 26!

Comprised of 50 sweat-filled minutes of indoor cycling action, these adrenaline-boosting spinning sessions are held every week at our fitness center on the 26th floor of Centara Grand at CentralWorld.

With a range of fully-equipped Spinner® Bikes that track your performance, our fun classes include a motivating instructor, pumping music to get you peddling fast, and a group of others (of all abilities), so you won't be riding alone.

Make sure you bring a towel, though, as our clients have been known to shed up to 500 calories in less than an hour – making this a perfect fat-burning session to uplift your weekly fitness routine in Bangkok.

Best of all, you don't even have to be a member of our gym. "Classes V – Bike" classes are priced at just THB 400 per session and run every Thursday from 19.00 – 19.50 hrs.

LifeStyles on 26 also has a range of other classes for both members and non-members throughout the week, including Pilates, Zumba and yoga. You can also make use of our fully equipped gym here on the 26th floor of Centara Grand at CentralWorld.

To find out more about our current membership promotions, 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