

WELLNESS ACTIVITIES CALENDAR

Date/ time	8.00-8.50	13.00-13.30	14.00-15.00	16.00-16.50	Creative Activities	15.00-16.30
Price	THB 500++/class	Wellness Talks Complimentary	THB 500++/class	THB 500++/class		Creative Activities
Monday	Group Yoga for beginner (@ Synergy)	Lower Back Pain Relief Exercise (@ Synergy)	Group Aero Boxing (@ Synergy)	Group Mature Movers Chair workout (@ Synergy) (Max 15 Persons)		Group Ceramic Painting 1 IB 800++ / person (@ Wellness Center (Max 4 persons))
Tuesday	Group Hatha Yoga (@ Synergy)	Static Stretches Exercises (@ Synergy)	Group HIIT Class (@ Synergy)	Group Core Exercise (@ Synergy)		Group Natural Soy Wax Candle THB 600++ / person (@ Wellness Center (Max 4 persons))
Wednesday	Group Aqua Exercises (@ The Senses Pool (Max 10 Persons))	Benefit of Body Detox (@ Wellness Library (Talks))	Group Circuit Workout (@ Synergy)	Group Pilates Mat Class (@ Synergy)		Group Ceramic Painting 1 IB 800++ / person (@ Wellness Center (Max 4 persons))
Thursday	Group Hatha Yoga (@ Synergy)	Dynamic Stretches Exercises (@ Synergy)	Group Aero Boxing (@ Synergy)	Group Core Exercise (@ Synergy)		Group Natural Glycerin Soap THB 600++ / person (@ Wellness Center (Max 4 persons))
Friday	Group Aqua Exercises (@ The Senses Pool (Max 10 Persons))	Benefits of Colon Hydrotherapy (@ Wellness Library (Talks))	Group HIIT Class (@ Synergy)	Group Fit Ball Exercise (@ Synergy) (Max 10 persons)		Group Ceramic Painting 1 IB 800++ / person (@ Wellness Center (Max 4 persons))
Saturday	Group Hatha Yoga (@ Synergy)	Dynamic Stretching Exercises (@ Synergy)	Group TABATA (@ Synergy)	Group Pilates Mat Class (@ Synergy)		Group Natural Soy Wax Candle THB 600++ / person (@ Wellness Center (Max 4 persons))
Sunday	Group Yoga for beginner (@ Synergy)	Static Stretches Exercises (@ Synergy)	Group Body Weight (@ Synergy)	Group HIIT Class (@ Synergy)		Group Natural Glycerin Soap THB 600++ / person (@ Wellness Center (Max 4 persons))

- Venue of activities can be changed according to weather condition. This schedule is subject to change without notice.
- All rates are subject to 10% service charge and 7% government tax.
- **Advance booking is requested. No walk-ins accepted.** • All class can be taken as private sessions, THB 1,500++ for individuals and THB 2,100++ for couple please book one day in advance for private sessions.
- Kayaks and paddle boards are available for lending, free of charge, or 1,200++ with a teacher.
- Tennis court is available free of charge, booking in 1 hour slots (Tennis ball is available at the price of THB 300++ per box)
- Tennis partner, if booked is THB 1,200++ and is at basic level only.
- **Group Creative Activities: This special price cannot be used in conjunction with any other benefit / room benefit, promotions, discounts, spa credit or spa voucher.**
- To book a class or private session please visit or call the spa reception (7710,7711 between 10am-8pm)

GUIDE TO CLASSES

Yoga for beginner	A tailor-make slow movement yoga session suitable for anyone who would like to enjoy practicing yoga.
Hatha yoga	A traditional form of yoga combining classical postures with breathing. A lower intensity yoga class.
Circuit workout	Circuit training is a style of workout where you cycle through several exercises (usually five to 10) targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance and your cardiorespiratory system.
Core exercise	The name might be core but you'll be working your whole body. You'll use a combination of body weight exercises to challenge the core stabilizers in your shoulder, hips, and torso. You'll strengthen your core for better posture and improved performance in your daily activities.
Aero Boxing exercises	it's a mix of aerobics and boxing. You therefore won't be surprised to learn that it involves combinations of aerobics movements and punches and kicks (without a target) inspired by combat sports.
Mature Movers (Chair Workout)	Aquatic exercise can have many health benefits, such as improved heart health, reduced stress, and improved muscular endurance and strength
Static stretches	Static stretches are those in which you stand, sit or lie still and hold a single position for period of time, up to about 45 seconds.
Lower back pain exercise	A gentle stretching class focused on the lower back and related muscle groups
Body weight exercises	Bodyweight exercises are a type of strength-training where you use your own weight to provide resistance against gravity.
TRX	'Total resistance exercise'; TRX uses your own body weight and a suspended strap with handles to improve core strength, body strength and tone, alignment and coordination.
TABATA	This workout is a form of high intensity interval designed to get your heart rate up in the anaerobic zone for short periods of time. Not only does this help build your fitness level, it helps you burn more calories both during and after your workouts.
HIIT Class	High-intensity exercise in a short period of time increase the heart rate, repeats for a specified period of time
Stretching and Fitball	A mix of cardio and stretching exercise using the Fitball to support better movement, while challenging balance and strength.
Dynamic stretches	Dynamic stretches are controlled movements that prepare your muscles, ligaments and other soft tissues for performance and safety.
Mature Movers (Chair workout)	A low impact exercise perform on chair aims to tone up whole body muscle and improve balance. Suitable for those who just begin to workout, joint arthritis, elderly, or balance issues.
Natural Soy Wax Candle	Learn how to prepare and make your own scented soy candles
Natural Glycerin Soap	Create your own pattern glycerin-based soap bar
Ceramic Painting	Find what fascinates you by decorate your own ceramic

