

WELLNESS ACTIVITIES CALENDAR (for 1st February 2025 onward)

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	Dynamic Stretches Exercises @ Synergy	Group Aero Boxing @ Synergy	Group TRX @ Synergy (Max 7 Persons)			Group Ceramic Painting THB 800++ / person @ Wellness Center (Max 4 persons)
Tuesday	Group Hatha Yoga @ Synergy	Static Stretches Exercises @ Synergy	Group HIIT Class @ Synergy	Group Core & Abs exercises @ 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 Colon Hydrotherapy @ Wellness Library (Talks)	Group Circuit Workout @ Synergy	Group Pilates Mat Class @ Synergy			Group Ceramic Painting THB 800++ / person @ Wellness Center (Max 4 persons)
Thursday	Group Hatha Yoga @ Synergy	Lower back pain exercise @ Synergy	Group Aero Boxing @ Synergy	Group Core & Abs exercises @ Synergy			Group Natural Glycerin Soap THB 600++ / person @ Wellness Center (Max 4 persons)
Friday	Group Aqua Exercises @ The Senses Pool (Max 10 Persons)	Dynamic Stretches Exercises @ Synergy	Group HIIT Class @ Synergy	Group Fit Ball Exercise @ Synergy (Max 10 persons)			Group Ceramic Painting THB 800++ / person @ Wellness Center (Max 4 persons)
Saturday	Group Hatha Yoga @ Synergy	Static Stretches 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	Benefits of IV Drip Therapy @ Wellness Library (Talk)	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 & Abs exercises	It is an exercise that uses body weight and small equipment as resistance to build strength in the core and abdominal muscles to help the body have both internal stability and external strength.
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.
Aqua Exercises	Aquatic exercises can have many health benefits, such a 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 45seconds.
Dynamic stretches	Dynamic stretches are controlled movements that prepare your muscles, ligaments and other soft tissues for performance and safety.
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, bodystrength 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.
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
Benefits of IV Drip Therapy (talk)	Join our engaging talk session on the Benefits of IV Drip Therapy, exploring how it delivers hydration, essential vitamins, and nutrients directly into your bloodstream. Learn how this innovative therapy boosts energy, enhances immunity, accelerates recovery, and supports overall wellness. Perfect for those seeking optimized health and rejuvenation