

# 6 ways Pilates at LifeStyles on 26 will make city life better!



From celebrities and fitness fanatics to stay-at-home mums and workaholics, Pilates is enjoyed around the world as a way of strengthening both the mind and body. But how will our Pilates classes here at Bangkok's LifeStyles on 26 help you?

## 1. You'll build lean muscle (without bulking up)

As a head-to-toe workout, Pilates focuses on toning and lengthening muscle fibers, rather than bulking up. Moves and stretches are designed to induce eccentric contraction using only your own bodyweight as the load. The result? Firmer arms, legs and tummies without any of the dumbbell lifts.

## 2. No more slouching around the city

If you have a friend or acquaintance who does Pilates on a regular basis, you'll probably have noticed how great their posture is. This is because Pilates taps into strengthening your core, lower/upper back and neck - all essential areas for 'dynamic stability', which is your body's natural ability to hold itself in the correct alignment throughout the day (no matter what Bangkok throws at you).

## 3. De-stress (while admiring the view)

One other advantage of Pilates is its stress-relieving effects. It's six main principles of centering, concentration, control, precision, breath, and flow all help to better integrate the mind and body - making these sessions as much therapy for your mind as they are a workout for your body. Plus, with its 26th floor location above CentralWorld, LifeStyles on 26 is the perfect place to leave behind the stress of city life for an hour or two.

## 4. Classes are scheduled around busy lifestyles

To really reap the full benefits of Pilates, it's suggested that you do between 1-3 sessions per week over the course of several months. Luckily, LifeStyles on 26 has scheduled in two sessions each and every week at times to suit busy lives. Classes are held Fridays from 18.30-19.30 and Sundays from 10.00-11.00 (so that means no excuses!)

## 5. No need for expensive memberships

LifeStyles on 26 operates a walk-in policy, meaning you can drop by and try one of our Pilates classes for just THB 400 with no membership necessary. If you want to save, then simply buy 10 sessions for THB 3,500 or 20 sessions for THB 6,000.

## 6. Get to know our range of other classes

We're sure you're going to love Pilates at LifeStyles on 26, so much so that you'll probably be tempted to come back and try one of our other fun weekly fitness classes. With trained instructors and all of the latest equipment, our fitness center also holds Muay Thai classes, Fly Yoga, Zumba, TRX and more.

To find out more about Pilates or any of our other classes or membership options, please call 02-100-6299.

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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