

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



Whoever said working out (and working up a sweat) can't be fun clearly has never tried one of our Zumba classes here at LifeStyles on 26, Centara Grand & Bangkok Convention Centre at CentralWorld!

With an emphasis on cardio, this total body workout combines elements of dance with both low and high-intensity movements - all to the rhythm of the music.

Each week, our professionally-trained instructors switch things up with new routines to the sounds of salsa, merengue, reggae, hip-hop and more. It's exciting, energetic and one of the most fun ways to burn off those calories over the course of an hour.

Our three-times-a-week classes are suitable for everybody - no matter what your shape, size or age. Please find our current Zumba schedule and prices below:

Zumba class schedule:

- Mondays from 18:30 - 19:30 hrs
- Wednesdays from 14:00 - 15:00 hrs
- Thursdays from 20:00 - 21:00 hrs

Prices:

Non-Member Price: THB 400 / session or save by buying 10 sessions for THB 3,500 or 20 sessions for THB 6,000.

You can book your spot now by calling us on 02-100-6299 or visiting 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)

Facebook: Centara Grand & Bangkok Convention Centre at CentralWorld

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