

# Ditch your boring solo workouts and say hello to LifeStyles on 26's group fitness classes



Keeping on top of your own fitness is essential - whether that's at home doing pushups, running around Lumpini Park or pumping iron in the gym with headphones on full-blast.

But sometimes, we all need that extra push; that little bit of extra motivation to keep us going - and that's exactly why mixing up your workout regime with group fitness classes is a great idea.

And here at LifeStyles on 26 (on the 26th floor of Centara Grand at CentralWorld), we have a range of fun, friendly and affordable sessions that run throughout the week - suitable for all levels.

No membership is required, with classes like Zumba, TRX, high-intensity interval training (HIIT), Pilates, Yoga, boxing and more - starting at just THB 400!

Want to save while getting ripped? Then consider our flexible packages, such as 10-sessions for THB 3,500 or 20 for THB 6,000 (which works out to be just THB 300 per class).

Full-time members are also free to use our gym anytime, which is equipped with free weights, kettlebells, barbells, mats, cardio machines.

To find out more about the range of classes and membership options available at LifeStyles on 26, please call 02-100-6299 or take the elevator up to 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)

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