Amatara Sample Weekly Group Activities

Date/ time	8.00-8.50	14.00-14.30 Complimentary	16.00-16.50
Monday	Hatha yoga @Yoga sala 800++/person	Little stretch @Yoga sala	Muay Thai @Fitness studio 800++/person
Tuesday	Yoga for beginner @ Yoga sala 800++/person		Gentle flow yoga @Yoga sala 800++/person
Wednesday	Hatha yoga @Yoga sala 800++/person	Little stretch @Yoga sala	Pilates mat class @Fitness studio 800++/person
Thursday	Yoga for core @Yoga sala 800++/person		Aqua fitness @Main pool 800++/person
Friday	Vinyasa yoga @Yoga sala 800++/person	Breathing exercise @Yoga sala	Gentle flow yoga @Yoga sala 800++/person
Saturday	Yin yoga @Yoga sala 800++/person		HIIT workout @Fitness studio 800++/person
Sunday	Hatha yoga @Yoga sala 800++/person		TRX @Fitness studio 800++/person

• Venue of activities can be changed according to weather condition. • This schedule is subject to change without notice. • 5 class pass can be purchased for 3,000++, valid for all group classes. • All rates are subject to 10% service charge and 7% government tax. • 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 1,200++ baht and is at basic level only. • To book a class, please visit or call the spa reception (7701) or the fitness center (7815) between 10am-9pm. • All classes can be taken as private sessions, THB 2,200++ for individuals and 2,800++ for couples. Please book one day in advance. • Please allow two hours' notice for any cancellation to avoid 50% charge.

Guide to classes

Aqua fitness	A fun, low impact workout that will assist both muscular strength and cardiovascular fitness.
Breathing exercise	A combination of gentle stretching and practices to improve lung capacity and quality of breathing.
Flow yoga	Experience a series of yoga postures done in a rhythmic flow synchronized with breathing to improve muscle flexibility, strength and endurance.
Hatha yoga	A lower intensity, traditional form of yoga that combines classical postures with breathing.
HIIT workout	High intensity interval training (HIIT) is a cardio based body weight workout that improves fitness and burns fat!
Hip opening	A Yoga to stretch and loosen tight hips, improve your range of motion and circulation.
Yoga for neck and shoulder release	A tailor-make Yoga session to release neck and shoulder tension and increase neck and shoulder range of motion.
Yoga for digestion	A Yoga movement that increase regulate bowels movement, and reduce digestive discomfort.
Yoga for Vitality	Focusing on the chest area to open and access the dormant energies which kept deep in the heart.
Yoga for concentration	The harmonization of breath and movement to calm the mind and ground the body, to bring awareness to the present moment.
Little stretch	A quick 30 minute session that focuses on flexibility.
Lower back pain exercise	A gentle stretching class focused on the lower back and its related muscle groups.
Mindfulness meditation practice	Learn simple yet powerful guided meditation practices for calming the mind, releasing worries and improving focus.
Muay Thai	A high intensity cardio class based on Thai boxing moves to enhance fitness, flexibility, muscle tone and fat burning!
Pilates mat class	Pilates mat is a system of exercises with specific breathing patterns that work to tone the whole body and improve core and back strength specifically.
Cadio Dance class	A dance workout to achieve your target heart rate, incorporate interval training, alternating fast and slow rhythms that work to tone the whole body.
Pranayama and meditation	Guided yogic breathing techniques combined with meditation principles to help calm, energize and focus.
Stretching and fitball	A mix of strength and stretching exercises using the fitball that will challenge balance and strength while also supporting better movement.
TRX	'Total resistance exercise'; TRX uses one's own body weight and a suspended strap with handles to improve core strength, body tone, alignment and coordination.
Vinyasa yoga	A more dynamic style of yoga that combines poses, yogic breathing and more rigorous flow for a stronger practice. This session is most suitable for those with some experience practicing yoga.
Yin yoga	Deep stretching postures held for 1-3 minutes to release deep fascia tension, promote the production of new oxygen cells and improve flexibility/mobility.
Yoga nidra	Yoga nidra is a powerful self-inquiry and relaxation technique that can bring gentle awakenings and be as restorative as sleep, while remaining fully conscious.