

GROUP ACTIVITY DESCRIPTIONS

3 in 1 AEROBICS: A high energy aerobics class using body strength. Combines low impact aerobics, step aerobics and toning with fitball.

ABS EXPRESS (30 MIN): An intense workout that engages the abdominal muscles.

ABS, BUTTOCKS & THIGHS: Designed for both men and women, promotes strengthening of the abdominals, buttocks and thighs.

AQUA AEROBICS WITH NOODLE: Exercise in the water to improve cardio-vascular endurance and strengthen muscles with noodle equipment.

AQUA AEROBICS WITH HAND BUOY: A non-impact cardio-vascular workout, improves muscle endurance and tone with the added challenge of using a hand buoy.

AQUA-BOX: This is a combination of aqua-aerobics and boxing, higher in intensity and suitable for intermediate fitness levels.

AQUA-POOL YOGA: Using the healing and supporting effects of the water. We end the class with a floating meditation in the pool.

ASHTANGA YOGA: A dynamic, exhilarating practice using specific Ashtanga methods.

BALL AND FREE WEIGHT: A combination of fit ball and weight training, a great workout for strength and body control.

BALLAST BALL: A great tool for working on balance, stability and challenging core strength.

BONE-DENSITY EXERCISE: A low-impact class with movement awareness to improve bone density.

BOOT CAMP: A challenging high impact challenging work out incorporating body weight exercises as well as gym equipment

CORRECTIVE POSTURE EXERCISE: Specific functional exercises based on development kinesiology and neurophysiology combined with an elastic band.

CYCLING (Interval): Alternates between somewhat moderate-intensity intervals and low-intensity intervals in a 45 minute indoor cycling.

CYCLING (Circuit): With all the best elements of circuit training and indoor cycling combined, this is a great full-body conditioning class that works on both cardiovascular and muscular endurance.

DYNAMIC HIP FUNCTIONAL EXERCISE: A session of dynamic stretch & strengthen with specific movements for improving muscular flexibility, increasing muscular strengthening, decreasing pain and improving posture.

DYNAMIC YOGA: A dynamic combination of Asanas and Hatha yoga sun salutations and breathing techniques. Intermediate to advanced level.

FIT YOGA - Full Yogic Dynamic Workout: A Dynamic form of yoga exercises in combination with breathing exercises.

FOOT EXERCISES: A foot-focused class that trains participants to exercise weight-bearing parts of the foot and to release tension from inside the arch.

FREE FORM: Offers many functional benefits including multi-planer applications and continuous movement combinations that have never before been possible.

GYROKINESIS: A combination of yoga, dance, tai chi and gymnastics resulting in a dynamic stretching session.

GENTLE FLOW YOGA: This gentle flow yoga practice is accessible to all levels.

HATHA YOGA: Various Asanas (yoga poses), pranayama (yogic breathing technique) and hatha-style meditation.

INNER CORE EXERCISE: A training session that strengthens core muscles and improves joint stability, balance and coordination.

KUNDALINI YOGA: The mother of all yoga. Learn various Kriyas, Asanas, Pranayama and Meditation to activate the flow of Kundalini energy within our bodies.

LOW-IMPACT AEROBICS: An aerobics class that provides a total body workout. Designed to be gentle on the joints.

METABOLIC BREATHING EXERCISE: Breathing exercises that combine stretching and isometric (static) exercise to stimulate metabolic rate.

METAFIT : A HIIT class that improves strength, and the cardiovascular system and burns plenty of calories

METAMORPHOSIS: A movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing the range of motion and creating functional strength through rhythmic, flowing movement sequences.

MINI BANDS: Mini resistance bands are on par with sliders on the sissy scale. They are easy to incorporate into myriad exercises, helping you utilize lateral movements. They're easy to incorporate into myriad exercises, helping you utilize lateral movements.

NEUROBIC EXERCISE: Learn how to use your five physical senses as well as your emotional senses to shake up your everyday routine.

PILATES ON MAT: The Pilates mat class incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility. This class is a low-impact exercise which benefits with all levels.

PILATES ON THE REFORMER: A classic workout that helps improve coordination and balance using the challenging reformer machine.

PRANAYAMA BREATHING: Various yogic breathing techniques to energise and calm the mind while mindfully engaging the respiratory system.

POWER DRUM: Drum alive classes combine traditional aerobic movements with the powerful beat and rhythm of drums.

SIVANANDA YOGA: A form of yoga that involves breathing exercises and mantra chanting in addition to Yoga poses. Each class involves the same twelve postures. This form of yoga is ideal for those who enjoy a mix of the physical and the devotional.

STEP AEROBICS: A high-energy workout with easy-to-follow moves based around aerobic step equipment.

STRETCH CLASS: Helps to decrease muscle soreness, improve flexibility and reduce stress.

TABATA CLASS: A HIIT class that improves strength and the cardiovascular system and burns plenty of calories.

TAI CHI CHUAN: An ancient Chinese art combining mind, body and spirit.

THAI BOXING: This class teaches you the techniques of Muay Thai. Learn the basic kicking and punching moves of this high-intensity sport.

TONING BALL: This class combines core stability and upper-body toning, using a small ball to strengthen, tone and improve stability.

TRX BOOT CAMP: Combine TRX training and Boot Camp, you will get a fantastic full body workout that will challenge your fitness performance.

TRX CIRCUIT: Three fantastic circuits of different exercises using TRX (Total Body Resistance Exercise). These workouts burn a lot of calories, promote muscle strength and improve the cardio-respiratory system.

VINYASA FLOW: A fun, flowing practice connected through Vinyasas (linking movements) offered at the intermediate to advanced level.

YOGA NIDRA MEDITATION: A systematic procedure of inducing relaxation, which makes one feel relaxed at all levels, physically, mentally and emotionally.

HEALTHY CUISINE COOKING CLASS: Get yourself in shape by learning about and cooking our favourite healthy dishes. This class shows you how to change authentic Thai cuisine into healthy Thai cuisine.

LUNCH & LEARN: Enjoy your lunch whilst we show you how to cook healthy dishes. A class with hands-on cooking can be arranged in Lunch & Learn.

ORGANIC GARDEN TOUR: Take a trip to Chiva-Som's Organic Garden and to see what our natural products are made from.

MOCKTAIL GATHERING: An evening gathering with our management team.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06:00								06:00
07:00	Tai Chi Chuan Yoga Pavilion with Frame	Tai Chi Chuan Yoga Pavilion with A	Boot Camp 🏃🏃 In Front of Bathing Pavilion with Nittaya	Tai Chi Chuan Yoga Pavilion with A	Tai Chi Chuan Yoga Pavilion with Frame	Boot Camp 🏃🏃 In Front of Bathing Pavilion with X	Mantra Meditation Yoga Pavilion with Kamlesh	07:00
08:00	Gentle Yoga Yoga Pavilion with Singh	Hatha Yoga Yoga Pavilion with Kamlesh	Ashtanga Yoga 🏃 Yoga Pavilion with Kamlesh	Pranayama Breathing Yoga Pavilion with Singh	Hatha Yoga Yoga Pavilion with Kamlesh	Yoga Nidra Meditation Dance Studio with Kamlesh	Hatha Yoga Yoga Pavilion with Singh	08:00
09:00	Stretch Class 🧘 Yoga Pavilion with Nok	Stretch Class 🧘 Yoga Pavilion with Nut	Stretch Class 🧘 Yoga Pavilion with X	Stretch Class 🧘 Yoga Pavilion with Pae	Stretch Class 🧘 Yoga Pavilion with Nok	Stretch Class 🧘 Yoga Pavilion with Frame	Stretch Class 🧘 Yoga Pavilion with Lue	09:00
09:30	Free Facial Consultation , everyday from 09:30 – 18:00 Hrs. 🧘		Organic Garden Tour 🧘 09:00 a.m. – 10:30 Hrs. Book at Guest Relation Desk 🧘	Free Facial Consultation , everyday from 09:30 – 18:00 Hrs. 🧘				09:30
10:00	Dynamic Hip Functional Exercise 🧘🧘 Dance Studio with Bee	Mini Bands 🏃🧘 Dance Studio with Whan	Emergizes Light Energy Balancing Exercise Yoga Pavilion with Paul Emery	Abs, Butts & Thighs 🏃 Dance Studio with Frame	Mini Bands 🏃🧘 Dance Studio with Lue	Metabolic Breathing Exercise Dance Studio with Pai	Emergizes Light Energy Balancing Exercise Yoga Pavilion with Paul Emery	10:00
11:00	Aqua Aerobics with Noodle 🧘 Bathing Pavilion with X	Aqua Aerobics with Hand Buoy 🧘 Bathing Pavilion with Nok	Aqua Box 🧘 Bathing Pavilion with Nut	Aqua Aerobics with Noodle 🧘 Bathing Pavilion with Pupae	Aqua Aerobics with Hand Buoy 🧘 Bathing Pavilion with X	Aqua Aerobics with Noodle 🧘 Bathing Pavilion with Lue	Aqua Aerobics with Hand Buoy 🧘 Bathing Pavilion with Pupae	11:00
12:00	3 in 1 Aerobics 🏃 Dance Studio with Pupae	Tabata Class 🏃🏃 Dance Studio with Pae	Metafit 🏃🏃 Dance Studio with Frame	Low Impact Aerobics 🏃 Dance Studio with Lue	Power Drum 🏃🏃 Dance Studio with Pae	Step Aerobics 🏃 Dance Studio with Pae	Tabata Class 🏃🏃 Dance Studio with Nut	12:00
	Hands-on Cooking Class 🧘🧘\$ Cooking Class, 12:00 – 14:00 Hrs. Last booking at 10:00 Hrs.	Lunch and Learn 🧘🧘\$ Cooking Class, 12:00 – 14:00 Hrs. Last Booking on Monday at 18:00 Hrs.	Art of Detox Cooking 🧘🧘\$ Cooking Class, 12:00 – 13:30 Hrs. Last booking on Tuesday at 18:00 Hrs.	Hands-on Cooking Class 🧘🧘\$ Cooking Class, 12:00 – 14:00 Hrs. Last booking at 10:00 Hrs.				13:00
14:00		Chocolate and Health: Separating Fact from Fiction Library with Dr. Pijak		Intro to QEPR Helps for Emotional & Physical Concerns Library with Paul Emery				14:00
15:00	Pilates on the Reformer 🧘🧘\$ Dance Studio with Nok, Frame	Mantra Meditation Yoga Pavilion with Singh	Cycling Circuit 🏃 Dance Studio with Whan, Pae	Hatha Yoga Yoga Pavilion with Kamlesh	Pilates on the Reformer 🧘🧘\$ Dance Studio with Whan, Lue	Free Form 🏃🧘🧘🏃 Dance Studio with X	Cycling Interval 🏃 Dance Studio with Nok, X	15:00
16:00	Bone Density Exercise Dance Studio with Ploy	Inner Core Exercise 🧘🧘 Dance Studio with Kel	Metamorphosis Dance Studio with Prahn	Gyrokinesis Dance Studio with Prahn	Foot Exercise 🧘🧘 Dance Studio with Micky	Aqua-Pool-Yoga – Bring the Experience into the Water Bathing Pavilion with Singh	Toning Ball Dance Studio with Ploy	16:00
17:00	Ballast Ball 🏃🏃 Dance Studio with Nut	Abs, Butts & Thighs 🏃 Dance Studio with Pupae	Ball & Free Weight 🏃🧘🧘 Dance Studio with Frame	Neurobic Exercise Library with Yel	Abs, Butts & Thighs 🏃 Dance Studio with Nut	Corrective Posture Exercise 🧘🧘 Dance Studio with Yel	Ball & Free Weight 🏃🧘🧘 Dance Studio with Frame	17:00
18:00	Stretch Class Dance Studio with X	Stretch Class Dance Studio with X	Abs Express (25 min) Dance Studio with Pupae	Ballast Ball 🏃🏃 Dance Studio with Nok	Stretch Class Dance Studio with X	Abs Express (25 min) Dance Studio with Pupae	Stretch Class Dance Studio with Pupae	18:00
19:00						Saturday Feast Taste of Siam 19:00 – 21:00 Hrs.		19:00
20:30								20:30

- 🏃 Sports shoes required.
- 🧘 Book at Health & Wellness Reception (Ext. 3) In advance of the class.
- 🧘 Maximum number of participants.
- 🏃 Intermediate level.
- \$ Additional charges apply.

Some classes incur an additional charge - please reserve a place with the Health & Wellness Reception (Ext. 3).
Please shower before taking part in water activities; tie up long hair or use a bathing cap.
Class instructors may change without prior notice.
No-shows or cancellations with less than 3 hours advance notice will incur a 50% cancellation fee.

	Emerald Room	Taste of Siam
Breakfast	07:00 - 10:30	07:00 - 10:30
Lunch	12:00 - 14:30	12:00 - 14:30
Dinner	18:00 - 21:00	18:00 - 21:00