

# THE FITNESS CENTRE



The Fitness Centre is the perfect place for health-conscious people who appreciate professional service and a highly personalised approach to fitness. The centre is located across the river, just past our lotus pond.

## FACILITIES

- Fully equipped gym with cardiovascular and strength equipment
- Steam rooms and jacuzzis
- Functional training room
- Multi-sports court (available for rent)
- Jogging track (220 metres)
- Daily complimentary classes yoga / aerobics / muay thai / movement foundation
- Sports gear, including rackets, balls, shoes, T-shirts and shorts-all available upon request
- Showers and personal lockers

## OUR SPECIALTY CLASSES

	<i>Duration</i>	<i>Price (THB)</i>
<b>MOVEMENT FOUNDATION</b>	<b>1 hour</b>	<b>5,000</b>

Our Movement foundation class is led by ACE-certified fitness guru Carl Jones. Carl is a fitness and movement training professional who specialises in calisthenics to foster better health and longer life.

Movement Foundation classes focus on two aspects: freeing the flow of energy in the meridians—the body's vital points through which the vital life force flows—and strengthening and extending the range of motion of your joints. Students are enabled to discover deep physical, emotional, psychological and creative freedom.

<b>MUAY THAI OR THAI BOXING</b>	<b>1 hour</b>	<b>3,000</b>
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Muay Thai is popular among Thais, expats and visitors to Thailand. Mandarin Oriental, Bangkok is delighted to collaborate with Attachai Muay Thai Gym, a leader in Muay Thai training, to offer the finest Thai boxing experience in a luxury setting.

Theerapong (Khun Art) is one of the skilled, knowledgeable and experienced trainers from Attachai Muay Thai Gym who conducts our Muay Thai classes. These sessions are perfectly suited for people of all skill levels, including beginners and those who simply want to try a fun, new exercise. Art holds a professional fight record of 115 fights, with 85 wins.

<b>YOGA</b>	<b>1 hour</b>	<b>2,400</b>
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Discover a holistic way to health and happiness, combat stress, and experience a more peaceful, joyful state of mind by practicing yoga with our Yogic Lifestyle Trainer-Neelam Khatri at The Oriental Spa.

Neelam offers an extensive range of yoga programmes, from lively group sessions to one-on-one private classes tailored to meet each guest's individual needs. She has 14 years of experience teaching yoga at luxury hotels and has conducted workshops and classes for individuals and groups of all different fitness levels and abilities.

## BOOT CAMP AND CIRCUIT TRAINING WITH KITTICHAJ (KHUN MAX)

Our trainer Khun Max brings nearly 16 years of fitness industry experience to exciting, high-energy to Boot Camp and Circuit Training sessions. Max holds certificates from leading fitness accreditation institutions, including ASPATA, Fitinnovision and more. He also brings a wealth of experience in exercise and mobility training, sport stretching and rehabilitation for sports injuries.

	<i>Duration</i>	<i>Price (THB)</i>
<b>CIRCUIT TRAINING</b>	<b>1 hour</b>	<b>2,400</b>
Circuit training, a form of resistance training, is a high-intensity workout that aims to develop strength and muscular endurance. A circuit involves a number of different exercises. After completing the circuit, you start at the first exercise again as part of the next circuit. The time between exercises in circuit training is typically short, often with rapid movements to the next exercise.		
<b>BOOT CAMP TRAINING</b>	<b>1 hour</b>	<b>2,400</b>
Boot Camp training is another high-intensity workout designed to help you get fit fast. It includes basic interval training and speed drills. Boot Camp is a group physical training programme based on military regimes, designed to increase strength and general fitness through a variety of intense intervals.		
<b>TAI CHI</b>	<b>1 hour</b>	<b>2,400</b>
Tai Chi is an ancient Chinese exercise and martial art known for its numerous health benefits. It has also been shown over the years to effectively decrease stress and anxiety. It is considered a form of 'meditation in motion', promoting serenity and inner peace.		
<b>PILATES</b>	<b>1 hour</b>	<b>2,400</b>
Mat pilates training is available for all levels, with techniques customised to the specific needs of each guest. Training features precise and controlled movements, as weaknesses and postural misalignments are identified and worked through. Centering, postural alignment and stamina are also emphasised. Personalised programmes help to tone muscles, increase flexibility and improve core stability which is essential for managing back pain and other injuries		

	<i>Duration</i>	<i>Price (THB)</i>
<b>PERSONAL TRAINING</b>	<b>1 hour</b>	<b>1,200</b>
	<b>5 times within one week</b>	<b>7,500</b>
	<b>10 times within one month</b>	<b>12,000</b>

Receive personalised training and fitness advice from our experts, each of whom has more than a decade of experience. Our trainers are happy to design a customised programme tailored to your needs and to guide you through your fitness journey in exercises such as circuit training, boot camp, abs and stretching, cardio workouts, jogging, basketball or tennis. We want to help you reach your potential.

### **FITNESS AND WELLNESS CLASSES**

Please ask our spa and fitness professionals about the wide range of complimentary fitness and wellness classes available to help you relax and enjoy your time with us and achieve your wellness goals.

- Open every day from 6am to 10pm.
- 24 hours advance booking is required
- All prices are in Thai Baht net per person
- Group private classes are available at a special price.



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