

# WEEKLY HEALTH CLUB

## Group Exercise Timetable

Day Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <sup>st</sup> Morning Class	08.00-08.30 <b>Stretching</b> 30 mins by Tee	—	—	08.00-08.30 <b>Fat Burn</b> 30 mins by Tingly	—	—	—
2 <sup>nd</sup> Afternoon Class	—	14.00-14.45 <b>Muay Thai</b> 45 mins by Buzz	14.00-14.45 <b>Core &amp; Abs</b> 45 mins by Tingly	—	14.00-14.45 <b>Stretching</b> 45 mins by Tingly	14.00-14.45 <b>Core &amp; Abs</b> 45 mins by Tee	14.00-14.45 <b>Muay Thai</b> 45 mins by Buzz
3 <sup>rd</sup> Afternoon Class	16.00-16.45 <b>Agi Drill Speed Kick</b> 45 mins by Buzz	16.00-16.45 <b>Basic Yoga</b> 45 mins by Nid	16.00-16.45 <b>Circuit Training</b> 45 mins by Lek	16.00-16.45 <b>Stretching</b> 45 mins by Lek	16.00-16.45 <b>Fit &amp; Firm</b> 45 mins by Tee	16.00-16.45 <b>Body Perfect</b> 45 mins by Lek	16.00-16.45 <b>Stretching</b> 45 mins by Nid

### Have a Great Workout

- Please reserve your preferred class with Health Club reception directly or call Hotel Operator press '0'.
- Classes will be automatically cancelled if there is no guest attending after 15 minutes.
- If you would like to reserve a personal trainer for private class, price is THB 1,400++ per hour (subject to 10% service charge and 7% VAT).
- For more information and reservations, please contact reception.
- The classes are subject to change without prior notice.

# WEEKLY HEALTH CLUB GROUP EXERCISE TIMETABLE

Class	Format	Level	Detail
Stretching	30/45 minutes	Beginner	This class is a fundamental class that is very important in helping to improve flexibility, reduce tightness and elevate your workout routine to be more efficient and safer.
Fit & Firm	45 minutes	Beginner	Fit & Firm is a strength-building conditioning program that incorporates functional movements designed to enhance stamina, strength, and speed.
Muay Thai	45 minutes	Beginner	The class offers basic boxing footwork. Guests will enjoy learning how to move like a boxer, punch, jab, hook and uppercut. This multi-coordination training will help in improving your cardiovascular and quick-response reaction.
Circuit Training	45 minutes	Beginner	This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercise. This inspired cardio workout helps build strength and stamina.
Agi Drill, Speed Kicks	45 minutes	Beginner	This is a combination exercise involving the upper and lower body, and fast leg movements. The most recommended exercise for improving lower-body and core strength.
Core & Abs	45 minutes	Beginner	This is an exercise that increases strength and improves posture and the balance of the body. By the end of the class, guests will feel their waistline is firmer and more toned.
Basic Yoga	45 minutes	Beginner	This class will help guests to increase mobility and flexibility, creating better body alignment and muscular balance. The instructor will supervise throughout the class and modify according to guests' yoga level.
Body Perfect	45 minutes	Beginner	This full-body workout focuses on improving cardiovascular endurance and strengthening core muscle groups.
Fat burn	30 minutes	Beginner	Fat -burning exercises focus on engaging large muscle groups to enhance efficiency in reducing body fat. These workouts help improve metabolism and overall endurance.

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# HEALTH CLUB

## GYM REGULATIONS

1. OPENING HOURS: 06:30 TO 22:00
2. GYM ACCESS IS ONLY GRANTED TO HOTEL REGISTERED GUESTS.
3. ALL CHILDREN UNDER THE AGE OF 16 MUST BE SUPERVISED BY AN ADULT.
4. APPROPRIATE SPORTSWEAR IS ALWAYS REQUIRED. SHOES WITH HEELS ARE NOT ALLOWED INSIDE THE GYM.
5. REPORT UNSAFE CONDITIONS OR VIOLATIONS TO THE MANAGEMENT IMMEDIATELY.
6. PLEASE CONSULT THE GYM INSTRUCTOR FOR ADVICE ON THE USE OF DIFFERENT EQUIPMENT IN THE GYM. DO NOT USE THE GYM EQUIPMENT BY YOURSELF.
7. ALWAYS PRACTISE SAFETY AND COURTESY TO OTHERS.
8. PERSONS UNDER THE INFLUENCE OF ALCOHOL, TRANQUILISERS OR OTHER DRUGS THAT CAUSE DROWSINESS OR THAT RAISE OR LOWER BLOOD PRESSURE SHOULD NOT BE USED IN THE GYM.

# HEALTH CLUB

## STEAM ROOM , SAUNA ROOM & JACUZZI ROOM REGULATIONS

*Kempinski*  
Health Club

STEAM ROOM REGULATIONS	SAUNA ROOM REGULATIONS	JACUZZI ROOM REGULATIONS
<ol style="list-style-type: none"><li>1. REPORT ANY UNSAFE CONDITIONS TO THE MANAGEMENT IMMEDIATELY.</li><li>2. INDIVIDUALS UTILISING THIS FACILITY DO SO AT THEIR OWN RISK.</li><li>3. PLEASE USE THE SHOWERS BEFORE ENTERING THE STEAM ROOM.</li><li>4. NO GLASSES ARE ALLOWED IN THE STEAM ROOM.</li><li>5. ENTER AND EXIT THE STEAM ROOM SLOWLY.</li><li>6. DO NOT USE ROOM TEMPERATURES GREATER THAN 40 DEGREES CELSIUS.</li><li>7. ELDERLY PERSONS, PREGNANT WOMEN AND THOSE SUFFERING FROM HEART DISEASES, DIABETES, HIGH OR LOW BLOOD PRESSURE OR ANY CHRONIC HEALTH CONDITIONS OR PERSONS UNDER THE INFLUENCE OF ALCOHOL OR OTHER DRUGS CAUSING DROWSINESS SHOULD NOT ENTER THE STEAM ROOM EXCEPT UNDER THE ADVICE OF A PHYSICIAN.</li><li>8. OBSERVE A REASONABLE TIME LIMIT (5–15 MINUTES). SHOWER AND COOL DOWN BEFORE RETURNING FOR ANOTHER BRIEF STAY.</li><li>9. LONG EXPOSURES MAY RESULT IN NAUSEA, DIZZINESS, FAINTING OR FATALITY.</li><li>10. PERSONS UNDER THE INFLUENCE OF ALCOHOL, TRANQUILISERS OR OTHER DRUGS THAT CAUSE DROWSINESS OR THAT RAISE OR LOWER BLOOD PRESSURE SHOULD NOT USE THE SAUNA ROOM.</li><li>11. APPROPRIATE SWIMWEAR IS REQUIRED AT ALL TIMES.</li></ol>	<ol style="list-style-type: none"><li>1. REPORT ANY UNSAFE CONDITIONS TO THE MANAGEMENT IMMEDIATELY.</li><li>2. INDIVIDUALS UTILISING THIS FACILITY DO SO AT THEIR OWN RISK..</li><li>3. PLEASE USE THE SHOWERS BEFORE ENTERING THE SAUNA.</li><li>4. NO GLASSES ALLOWED IN THE SAUNA ROOM.</li><li>5. ENTER AND EXIT THE STEAM ROOM SLOWLY.</li><li>6. DO NOT USE ROOM TEMPERATURES GREATER THAN 90 DEGREES CELSIUS.</li><li>7. ELDERLY PERSONS, PREGNANT WOMEN AND THOSE SUFFERING FROM HEART DISEASES, DIABETES, HIGH OR LOW BLOOD PRESSURE OR ANY CHRONIC HEALTH CONDITIONS OR PERSONS UNDER THE INFLUENCE OF ALCOHOL OR OTHER DRUGS CAUSING DROWSINESS SHOULD NOT ENTER THE STEAM ROOM EXCEPT UNDER THE ADVICE OF A PHYSICIAN.</li><li>8. OBSERVE A REASONABLE TIME LIMIT (5–15 MINUTES). SHOWER AND COOL DOWN BEFORE RETURNING FOR ANOTHER BRIEF STAY.</li><li>9. LONG EXPOSURES MAY RESULT IN NAUSEA, DIZZINESS, FAINTING OR FATALITY.</li><li>10. PERSONS UNDER THE INFLUENCE OF ALCOHOL, TRANQUILISERS OR OTHER DRUGS THAT CAUSE DROWSINESS OR THAT RAISE OR LOWER BLOOD PRESSURE SHOULD NOT USE THE SAUNA ROOM.</li><li>11. APPROPRIATE SWIMWEAR IS REQUIRED AT ALL TIMES.</li></ol>	<ol style="list-style-type: none"><li>1. REPORT ANY UNSAFE CONDITIONS TO THE MANAGEMENT IMMEDIATELY</li><li>2. INDIVIDUALS UTILISING THIS FACILITY DO SO AT THEIR OWN RISK.</li><li>3. PLEASE USE THE SHOWERS BEFORE ENTERING THE JACUZZI.</li><li>4. NO GLASSES ARE ALLOWED IN THE JACUZZI.</li><li>5. ENTER AND EXIT THE JACUZZI SLOWLY.</li><li>6. ELDERLY PERSONS, PREGNANT WOMEN AND THOSE SUFFERING FROM HEART DISEASES, DIABETES, HIGH OR LOW BLOOD PRESSURE OR ANY CHRONIC HEALTH CONDITIONS OR PERSONS UNDER THE INFLUENCE OF ALCOHOL OR OTHER DRUGS CAUSING DROWSINESS SHOULD NOT ENTER THE SAUNA ROOM EXCEPT UNDER THE ADVICE OF A PHYSICIAN.</li><li>7. OBSERVE A REASONABLE TIME LIMIT (5–15 MINUTES). SHOWER AND COOL DOWN BEFORE RETURNING FOR ANOTHER BRIEF STAY</li><li>8. LONG EXPOSURES MAY RESULT IN NAUSEA, DIZZINESS, FAINTING OR FATALITY.</li><li>9. CHILDREN UNDER THE AGE OF 10 SHOULD NOT USE THE JACUZZI. CHILDREN UNDER THE AGE OF 16 MUST ALWAYS BE ACCOMPANIED BY AN ADULT.</li><li>10. APPROPRIATE SWIMWEAR IS REQUIRED AT ALL TIMES.</li></ol>