

WEEKLY HEALTH CLUB

Group Exercise Timetable in December

Day Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 st Morning Class	09.00-09.30 Body Flow & Mobility 30 mins by Tee	—	—	09.00-09.30 Calorie Crusher 30 mins by Tingly	—	09.00-09.30 Abs Sculpt & Tone 30 mins by Tee	—
2 nd Afternoon Class	—	14.00-14.45 Agility & Speed Kick Drill 45 mins by Buzz	14.00-14.45 Core Strength 45 mins by Tingly	—	14.00-14.45 Lower Body Sculpt 45 mins by Tingly	—	14.00-14.45 Body Flow & Mobility 45 mins by Tee
3 rd Afternoon Class	16.00-16.45 Cardio Kick 45 mins by Buzz	16.00-16.45 Muay Thai (Thai Boxing) 45 mins by Buzz	16.00-16.45 Body Flow & Mobility 45 mins by Lek	16.00-16.45 Muay Thai (Thai Boxing) 45 mins by Lek	16.00-16.45 Body Flow & Mobility 45 mins by Tee	16.00-16.45 HIIT 45 mins by Lek	16.00-16.45 Cardio Kick 45 mins by Buzz

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
Gentle Yoga	45 minutes	Beginner	A slow-paced move that combines the fundamental use of inhalation and exhalation. The movements commence from standing, progressing to sitting and working on the ground.
Body Flow & Mobility	30/45 minutes	Beginner	This class provides a fundamental basis for improving flexibility. It assists in lengthening various muscle groups and promotes a feeling of increased limberness.
Dynamic Stretching	30 minutes	Beginner	Dynamic Stretching involves active movements that propel muscles to their maximum range of motion. These exercises frequently simulate functional movements, preparing the body for more intense training.
Core Strength	45 minutes	Beginner	A bodyweight exercise that includes light weightlifting and various mobility movements such as Medicine ball, Swissball, Bosu and Step equipment. This class focuses on the core muscle groups, including the abs, quadriceps, and lower body.
Lean & Fast	45 minutes	Beginner	This class is perfect for guest who wish to train like an athlete. This functional training focuses on agility, base, and endurance, preparing the individual for superior competition and specialist skill requirements.
Power Core	46 minutes	Beginner	This functional training focuses on agility, base, and endurance, incorporating light weightlifting and various mobility movements such as Medicine ball, Swissball, Bosu and Step equipment. This class focuses on the core muscle groups including the abs, quadriceps, and lower body.
Full Body Sculpt	45 minutes	Beginner	This whole-body exercise focuses on cardiovascular ability and core muscle groups. It aids in coordinating the participant's movements as they go up and down and execute step equipment movements.
Calorie Crusher	45 minutes	Beginner	An exercise that focuses on large muscle groups to increase efficiency in reducing fat stores.
Functional Strength	45 minutes	Beginner	This class incorporates functional movements that build stamina, strength, and speed, among several other areas. Functional movements mimic real-life tasks.
Lower Body Sculpt	45 minutes	Beginner	This class alternates between quad-dominant and hip-dominant exercises, ensuring that while the rest periods are minimal, the muscles still feel relatively fresh enough to work through each set.
Agility & Speed Kick Drill	45 minutes	Beginner	This is a combination exercise incorporating upper and lower body, and fast leg movements. It is the most highly recommended exercise for improving lower-body and core strength.
HIIT	45 minutes	Beginner	The high-intensity interval training session involves repeated bouts of high-intensity effort, including aerobic and strength-training exercises, followed by varied recovery times. This combination helps maintain and improve cardiorespiratory and muscular fitness, as well as overall health and function.
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.
Morning Strength	30 minutes	Beginner	A system of physical conditioning involving low-impact exercises and routines specifically designed to strengthen the muscles of the torso.
Cardio Kick	45 minutes	Beginner	This class is a form of martial arts derived from karate. It borrows movements from multiple types of martial arts, including full-contact karate, Muay Thai, and boxing. Although the name implies kicking as a priority, this type of martial art uses both hands and feet as points of contact.
Muay Thai (Thai Boxing)	45 minutes	Beginner	The class offers basic boxing footwork. Participants learn how to move like a boxer, executing techniques such as the punch, jab, hook, and uppercut. This multi-coordination training will help improve cardiovascular fitness, build core muscles, and aid in timing and reaction skills.

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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">1. REPORT ANY UNSAFE CONDITIONS TO THE MANAGEMENT IMMEDIATELY.2. INDIVIDUALS UTILISING THIS FACILITY DO SO AT THEIR OWN RISK.3. PLEASE USE THE SHOWERS BEFORE ENTERING THE STEAM ROOM.4. NO GLASSES ARE ALLOWED IN THE STEAM ROOM.5. ENTER AND EXIT THE STEAM ROOM SLOWLY.6. DO NOT USE ROOM TEMPERATURES GREATER THAN 40 DEGREES CELSIUS.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.8. OBSERVE A REASONABLE TIME LIMIT (5–15 MINUTES). SHOWER AND COOL DOWN BEFORE RETURNING FOR ANOTHER BRIEF STAY.9. LONG EXPOSURES MAY RESULT IN NAUSEA, DIZZINESS, FAINTING OR FATALITY.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.11. APPROPRIATE SWIMWEAR IS REQUIRED AT ALL TIMES.	<ol style="list-style-type: none">1. REPORT ANY UNSAFE CONDITIONS TO THE MANAGEMENT IMMEDIATELY.2. INDIVIDUALS UTILISING THIS FACILITY DO SO AT THEIR OWN RISK..3. PLEASE USE THE SHOWERS BEFORE ENTERING THE SAUNA.4. NO GLASSES ALLOWED IN THE SAUNA ROOM.5. ENTER AND EXIT THE STEAM ROOM SLOWLY.6. DO NOT USE ROOM TEMPERATURES GREATER THAN 90 DEGREES CELSIUS.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.8. OBSERVE A REASONABLE TIME LIMIT (5–15 MINUTES). SHOWER AND COOL DOWN BEFORE RETURNING FOR ANOTHER BRIEF STAY.9. LONG EXPOSURES MAY RESULT IN NAUSEA, DIZZINESS, FAINTING OR FATALITY.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.11. APPROPRIATE SWIMWEAR IS REQUIRED AT ALL TIMES.	<ol style="list-style-type: none">1. REPORT ANY UNSAFE CONDITIONS TO THE MANAGEMENT IMMEDIATELY2. INDIVIDUALS UTILISING THIS FACILITY DO SO AT THEIR OWN RISK.3. PLEASE USE THE SHOWERS BEFORE ENTERING THE JACUZZI.4. NO GLASSES ARE ALLOWED IN THE JACUZZI.5. ENTER AND EXIT THE JACUZZI SLOWLY.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.7. OBSERVE A REASONABLE TIME LIMIT (5–15 MINUTES). SHOWER AND COOL DOWN BEFORE RETURNING FOR ANOTHER BRIEF STAY8. LONG EXPOSURES MAY RESULT IN NAUSEA, DIZZINESS, FAINTING OR FATALITY.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.10. APPROPRIATE SWIMWEAR IS REQUIRED AT ALL TIMES.