

GROUP ACTIVITY DESCRIPTIONS

3-IN-1 AEROBICS: A high-energy aerobics class that improves strength and provides a cardiovascular workout. Combines low-impact aerobics, step aerobics and toning with a fit ball.

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

ABS, BUTTOCKS & THIGHS: This class promotes the strengthening of the abdominals, glutes, quads and hamstrings.

AQUA-AEROBICS WITH POOL NOODLE: A no-impact activity great for improving cardiovascular performance. Exercises with a pool noodle help to build strength.

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

AQUA-POOL YOGA - Bring the Experience into the Water: It's the time to go off the mat and make use of water element to re-tune your body. Completely different feeling to your muscles and of course at that moment the mind is totally out of control so you have a glimpse moment of no mind!

ASHTANGA YOGA: A dynamic system of yoga.

BODY AWAKENING: This class brings you more in tune with your physicality by teaching you the correct way to move for proper body alignment.

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

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

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

FIT BALL AND FREE WEIGHTS: A combination of fit ball exercises and weight training, great for strength training and body control.

FIT YOGA - Full Yogic Dynamic Workout: A full hour of body work with energetic mantra music to burn your negativity and build up strength within. Personalised session designed just for you to meet a specific goal.

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.

FREEFORM POWER BALANCE: Uses a FreeForm machine (small platform on casters) to improve core strength and balance.

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

H2O FOR SPORTS PERFORMANCE: Combines non-weight-bearing exercises with the basic foundational movements relating to a specific sport.

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.

KINESIS : Works the muscles through a full range of movement helping to improve flexibility as well as well as developing the strength a great cardio workout as well.

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 , The cardiovascular system and burns plenty of calories

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

PILATES 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.

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

TABATA CLASS: A HIIT class that improves strength , 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 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.

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 from hand on cooking can be arranged in Lunch & Learn.

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

FRUIT CARVING CLASS: Learn to do Thai Style fruit carving with our chef.

MOCKTAIL GATHERING: An evening gathering with our management team.

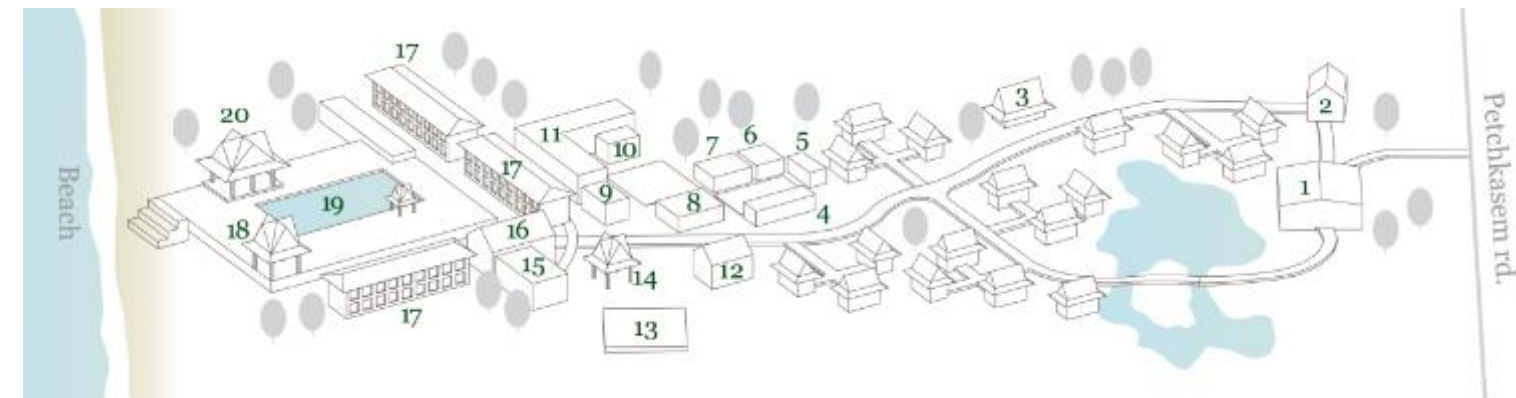


CHIVA-SOM WEEKLY RESORT ACTIVITIES 8 - 14 JANUARY 2018



RESORT MAP

- | | | |
|--|------------------------------------|-----------------------------|
| 1. Reception Area | 8. Gymnasium | 15. Orchid Lounge & Library |
| 2. Nirarlada Mei-Spa | 9. Boutique | 16. Emerald Room |
| 3. Yoga Sala | 10. Hair Salon | 17. Ocean Rooms |
| 4. Outdoor Massage Pavilion & Relax Sala | 11. Health & Wellness Centre | 18. Tai Chi Pavilion |
| 5. Watsu Pool | 12. Yoga Pavilion & Kinesis Studio | 19. Outdoor Pool |
| 6. Pilates Studio | 13. Bathing Pavilion | 20. Taste of Siam |
| 7. Dance Studio | 14. Thai Massage Pavilion | |



PHONE NUMBERS

Emergency/Operator	0	Fitness Center	8630
Front Desk/Cashier	1	Nirarlada Medi-Spa	8541
Housekeeping	2	Orchid Lounge	8714
Health & Wellness	3	Physiotherapist	8633
Nurse Station	4	Taste of Siam	8914
Emerald Room	7		

06:00

06:00

07:00

Tai Chi Chuan
Yoga Pavilion
with Surachai

Tai Chi Chuan
Yoga Pavilion
with Nuttapol

Boot Camp 🏃🏃🏃
In Front of Bathing Pavilion
with Mana

Tai Chi Chuan
Yoga Pavilion
with Surachai

Tai Chi Chuan
Yoga Pavilion
with Surachai

Boot Camp 🏃🏃🏃
In Front of Bathing Pavilion
with Mana

**Mangrove Wellness Walk and
Meditation 07:00 - 08:30 Hrs.** 🧘🧘🧘 \$
with Kamlesh Meet at Front Desk 06:45 Hrs.
Last booking on Saturday at 17:00 Hrs.

07:00

08:00

Hatha Yoga
Yoga Pavilion
with Singh

Ashtanga Yoga 🌀
Yoga Pavilion
with Kamlesh

Kundalini Healing Light Circle
Yoga Pavilion
with Evelyn Worz

Vinyasa Flow 🌀
Yoga Pavilion
with Kamlesh

Hatha Yoga
Yoga Pavilion
with Areeya

Kundalini Healing Light Circle
Yoga Pavilion
with Evelyn Worz

**Fit Yoga – Full Yogic Dynamic
Workout**
Yoga Pavilion
with Singh

08:00

09:00

Stretch Class 🧘
Yoga Pavilion
with Boonlue

Stretch Class 🧘
Yoga Pavilion
with Boonlue

Stretch Class 🧘
Yoga Pavilion
with Nuttapol

Stretch Class 🧘
Yoga Pavilion
with Boonlue

Stretch Class 🧘
Yoga Pavilion
with Boonlue

Stretch Class 🧘
Yoga Pavilion
with Nopporn

Stretch Class 🧘
Yoga Pavilion
with Nopporn

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

Foot Exercise 🧘🧘
Dance Studio
with Nantinee

Free Form Power Balance 🏃🏃🏃🧘
Dance Studio
with Mana

Pilates on Mat
Dance Studio
with Whanaree

Meditation for Busy People
Yoga Pavilion
with Anthony Augustine

Pilates on Mat
Dance Studio
with Whanaree

Metabolic Breathing Exercise
Dance Studio
with Peerawit

Pilates on Mat
Dance Studio
with Surachai

10:00

11:00

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Salisa

Aqua Aerobics with Handbouy 🧘
Bathing Pavilion
with Nuttapol

Aqua Box 🧘
Bathing Pavilion
with Mongkol

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Salisa

Aqua Aerobics with Handbouy 🧘
Bathing Pavilion
with Nuttapol

Aqua Aerobics with Noodle 🧘
Bathing Pavilion
with Nuttapol

Aqua Aerobics with Handbouy 🧘
Bathing Pavilion
with Mana

11:00

12:00

Tabata Class 🏃🏃🧘
Dance Studio
with Nuttapol

Low Impact Aerobics 🏃
Dance Studio
with Salisa

TRX Circuit 🏃🧘🧘
Dance Studio
with Mana

Metafit 🏃🧘
Dance Studio
with Mongkol

Power Drum 🏃🧘
Dance Studio
with Mongkol

Functional Fusion 🏃🧘🧘
Dance Studio
with Boonlue

TRX Circuit 🏃🧘🧘
Dance Studio
with Nuttapol

12:00

13:00

Hand-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.

Hand-on Cooking Class 🧘🧘🧘 \$
Cooking Class, 12:00 – 14:00 Hrs.
Last booking at 10:00 Hrs.

Fruit Carving Class
Cooking Class, 13:30 – 14:30 Hrs.
Last booking at 12:00 Hrs.

13:00

14:00

**Hidden Food Allergies is What
You Eat Making You Sick**
Library
with Dr. Art

Overcoming Stress and Burn Out
Yoga Pavilion
with Evelyn Worz

Being Healthy in Digital Age
Library
with Dr. Tal Friedman

The Power of the Mind
Library
with Anthony Augustine

14:00

15:00

Group Kinesis Exercise 🏃🧘🧘 \$
Kinesis Room
with Mana

Pilates on the Reformer 🧘🧘 \$
Dance Studio
with Surachai, Nopporn

Metamorphosis
Dance Studio
with Benz

Pilates on the Reformer 🧘🧘 \$
Dance Studio
with Mongkol, Nopporn

Group Kinesis Exercise 🏃🧘🧘 \$
Kinesis Room
with Boonlue

Pilates on the Reformer 🧘🧘 \$
Dance Studio
with Mongkol, Nuttapol

Thai Boxing 30 min 🏃🧘
Yoga Pavilion
with Nopporn, Boonlue

15:00

16:00

Bone Density Exercise
Dance Studio
with Peerawit

Inner Core Exercise 🧘🧘
Dance Studio
with Tanny

Gentle Yoga
Yoga Pavilion
with Areeya

Gyrokinesis
Dance Studio
with Nattarinee

Body Awakening
Dance Studio
with Orapin

**Aqua-Pool-Yoga – Bring the
Experience into the Water**
Bathing Pavilion
with Singh

Toning Ball
Dance Studio
with Tanny

16:00

17:00

Ballast Ball 🏃🧘
Dance Studio
with Nuttapol

Abs, Butts & Thighs 🏃
Dance Studio
with Mana

Fitball & Free Weight 🏃🧘🧘
Dance Studio
with Nopporn

Neurobic Exercise
Library
with Mona

Free Form Power Balance 🏃🧘🧘🧘
Dance Studio
with Mana

Corrective Posture Exercise 🧘🧘
Dance Studio
with Nantinee

Fitball & Free Weight 🏃🧘🧘
Dance Studio
with Nuttapol

17:00

18:00

Stretch Class
Dance Studio
with Mana

Stretch Class
Dance Studio
with Nopporn

Abs Express (25 min)
Dance Studio
with Salisa

Abs, Butts & Thighs 🏃
Dance Studio
with Nopporn

Stretch Class
Dance Studio
with Nuttapol

Stretch Class
Dance Studio
with Nuttapol

Stretch Class
Dance Studio
with Salisa

18:00

19:00

B.B.Q.
Taste of Siam
19:00 – 21:00 Hrs.

19:00

20:00

Rolfing Structural Integration
Library, 20:30 – 21:30 Hrs.
with Thomas Andersen

20:00

- 🏃 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 - 10:00
Lunch	12:00 - 14:30	12:00 - 14:00
Dinner	19:00 - 21:00	18:00 - 21:00