

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.

BACK CARE CLASS: A knowledge of back conditions and how to prevent back injury and exercise for the back

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

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 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.

ZUMBA: A fun, Latin-inspired cardio-dance workout that incorporates upbeat music and choreographed moves. Classes combine multiple genres, such as jazz, African beats, country, hip hop and pop.

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.

LOCAL FOOD MARKET AND ORGANIC GARDEN TOUR: Discover Hua Hin's local food market and a tour of Chiva-Som's Organic Garden.

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.

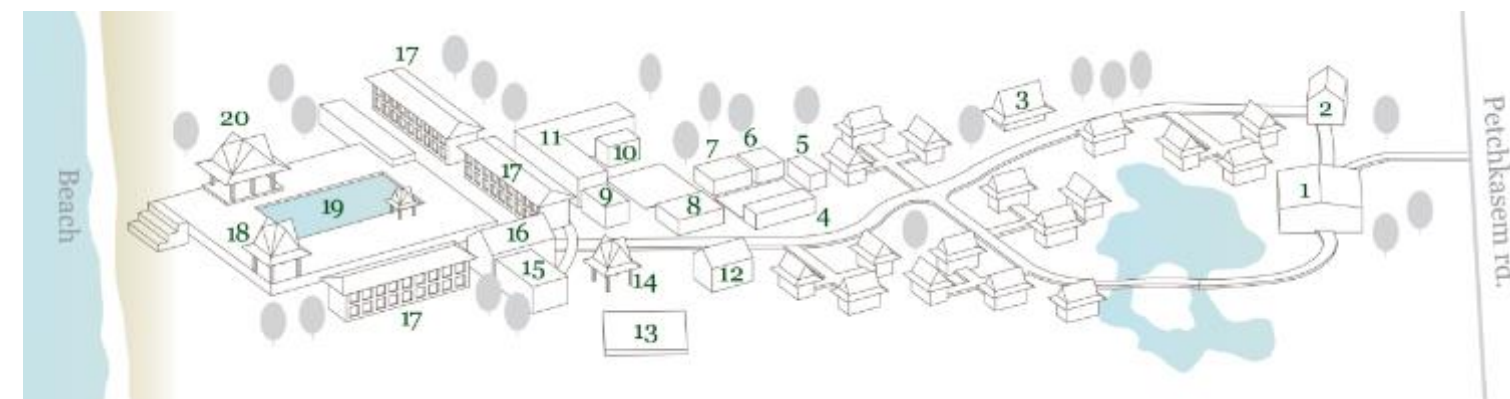


CHIVA-SOM WEEKLY RESORT ACTIVITIES 11 - 17 DECEMBER 2017



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

07:00

Tai Chi Chuan
Yoga Pavilion
with Boonlue

Boot Camp 🏃🏃
In Front of Bathing Pavilion
with Boonlue

Tai Chi Chuan
Yoga Pavilion
with Whanaree

Boot Camp 🏃🏃
In Front of Bathing Pavilion
with Boonlue

Tai Chi Chuan
Yoga Pavilion
with Surachai

Boot Camp 🏃🏃
In Front of Bathing Pavilion
with Whanaree

**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.

08:00

08:00

Kundalini Yoga
Yoga Pavilion
with Singh

Hatha Yoga
Yoga Pavilion
with Areeya

Pranayama Breathing
Yoga Pavilion
with Areeya

Vinyasa Flow 🌀
Yoga Pavilion
with Kamlesh

Hatha Yoga
Yoga Pavilion
with Areeya

Taoist Yoga
Yoga Pavilion
with Ken Rosen

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

09:00

09:00

Stretch Class 🧘
Yoga Pavilion
with Whanaree

Stretch Class 🧘
Yoga Pavilion
with Whanaree

Stretch Class 🧘
Yoga Pavilion
with Mana

Stretch Class 🧘
Yoga Pavilion
with Whanaree

Stretch Class 🧘
Yoga Pavilion
with Boonlue

Stretch Class 🧘
Yoga Pavilion
with Nuttapol

Stretch Class 🧘
Yoga Pavilion
with Nuttapol

09:30

09:30

**Local Market & Organic Garden
Tour with Chef** 🚶🚶 \$
09:30 a.m. – 11:30 Hrs.
Last booking on Sunday at 17:00 Hrs

Organic Garden Tour 🚶
09:00 a.m. – 10:30 Hrs.
Book at Guest Relation Desk 🚶

**Local Market & Organic Garden Tour
with Chef** 🚶🚶 \$
09:30 a.m. – 11:30 Hrs.
Last booking on Wednesday at 17:00 Hrs

Free Facial Consultation, everyday from 09:30 – 18:00 Hrs. 🚶

10:00

10:00

Foot Exercise 🚶🚶
Dance Studio
with Tanny

**Emer-gizes' Light Energy
Balancing Exercise**
Yoga Pavilion
with Paul Emery

Pilates on Mat
Dance Studio
with Nopporn

**Emer-gizes' Light Energy
Balancing Exercise**
Yoga Pavilion
with Paul Emery

Corrective Posture Exercise 🚶🚶
Dance Studio
with Nathamon

Metabolic Breathing Exercise
Dance Studio
with Nathamon

**Emer-gizes' Light Energy
Balancing Exercise**
Yoga Pavilion
with Paul Emery

11:00

11:00

Aqua Aerobics with Noodle 🚶
Bathing Pavilion
with Salisa

Aqua Aerobics with Handbouy 🚶
Bathing Pavilion
with Nopporn

Aqua Box 🚶
Bathing Pavilion
with Mongkol

Aqua Aerobics with Noodle 🚶
Bathing Pavilion
with Nopporn

Aqua Aerobics with Handbouy 🚶
Bathing Pavilion
with Nuttapol

Aqua Aerobics with Noodle 🚶
Bathing Pavilion
with Salisa

Aqua Aerobics with Handbouy 🚶
Bathing Pavilion
with Mana

12:00

12:00

Tabata Class 🏃🏃
Dance Studio
with Nuttapol

Low Impact Aerobics 🏃
Dance Studio
with Salisa

TRX Circuit 🏃🚶🚶
Dance Studio
with Nuttapol

Metafit 🏃🏃
Dance Studio
with Mongkol

Power Drum 🏃🏃
Dance Studio
with Mongkol

Functional Fusion 🏃🚶🚶
Dance Studio
with Mana

TRX Circuit 🏃🚶🚶
Dance Studio
with Nopporn

13:00

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.

14:00

14:00

**Resetting Your Internal Clock for
Better Sleep**
Library
with Dr. Art

**Sleeping Soundly: What You Need
to Know**
Library
with Dr. Tal Friedman

15:00

15:00

Group Kinesis Exercise 🏃🚶🚶 \$
Kinesis Room
with Whanaree

Pilates on the Reformer 🚶🚶 \$
Dance Studio
with Surachai, Mongkol

Metamorphosis
Dance Studio
with Orapin

Pilates on the Reformer 🚶🚶 \$
Dance Studio
with Surachai, Preeda

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

Pilates on the Reformer 🚶🚶 \$
Dance Studio
with Mongkol, Whanaree

Thai Boxing 30 min 🏃🏃
Yoga Pavilion
with Surachai, Nopporn

16:00

16:00

Bone Density Exercise
Dance Studio
with Peerawit

Inner Core Exercise 🚶🚶
Dance Studio
with Nantinee

Gentle Yoga
Yoga Pavilion
with Kamlesh

Gyrokinesis
Dance Studio
with Orapin

Body Awakening
Dance Studio
with Orapin

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

Toning Ball
Dance Studio
with Nantinee

17:00

17:00

Ballast Ball 🏃🏃
Dance Studio
with Nuttapol

**Intro to QEPR Helps for
Emotional & Physical Concerns**
Library
with Paul Emery

Fitball & Free Weight 🏃🚶🚶
Dance Studio
with Nopporn

Neurobic Exercise
Library
with Mona

Free Form Power Balance 🏃🚶🚶
Dance Studio
with Mana

H2O for Sports Performance 🚶🚶
Bathing Pavilion
with Mona

Fitball & Free Weight 🏃🚶🚶
Dance Studio
with Boonlue

18:00

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 Boonlue

Stretch Class
Dance Studio
with Mana

19:00

19:00

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

20:00

20:00

**Traditional Chinese Medicine (TCM
& Nutrition for the Modern World**
Library, 20:30 – 21:30 Hrs.
with Ken Rosen

- 🏃 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