

Fitness

Fitness Private Training Services

Fitness Training - Coach A, Coach Beer, Coach Sally, Coach Jay, Coach Stefan

Muay Thai Training - Coach A, Coach Sally, Coach Jay

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/commission for agents
Fitness Consultation	A coach needs to extract enough information to truly understand the member goals and what they are seeking to gain from their workout.	30 mins	1	Free	N/A	N/A	N/A
Functional Fitness Assessment	Functional fitness assessment is essentially a quick and easy way to screen fundamental movement before you train it. The FFA include an Initial interview to check physical health history and exercise history, Postural assessment, Cardiovascular endurance test, Muscle strength test, Flexibility, balance test and a Personalized Fitness Training Program based on goals.	60 mins	1	1,800	2,250	N/A	max 10%
Fitness Private Lesson	One on one private fitness lesson	30 mins* (4-7 yrs)	1	1,200	1,200	10% discount	max 10%
		60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
		90 mins	1	2,700	3,150	10% discount	max 10%
Fitness Private Lesson with Stefan	Get some 1:1 time with the legend himself Stefan is certified coach specialized on core and functional movement training to improve muscle strength, muscle balance, coordination, injury prevention and sports therapy for after accidents, sports related injuries, physio treatments.	30 mins* (4-7 yrs)	1	1,600	1,600	10% discount	max 10%
		60 mins	1	2,500	2,950	10% discount	max 10%
			2	3,500	4,400	10% discount	max 10%
		90 mins	1	3,750	4,200	10% discount	max 10%
Private Aquafitness Session with Stefan	Discover ways to use water to boost your fitness. A full, gentle and easy workout that is good for the body, heart and spirit. A harmonious figure and a relaxed mind, without too much sweat! 30 minutes of aquagym burns approximately 600 calories, the equivalent of one and a half hours of gym outside water? Thank water for this great resistance! Aquafitness is one of the most effective way of losing weight and getting rid of cellulite. This is a very special type of physical activity when all muscles work at the same time. Aquafitness improves blood circulation and combat the stagnation of blood and lymph. The temperature of the water in the pool is by 8-10 degrees below body temperature, which also facilitates burning of calories, and as a result getting rid of fat. This workout is beneficial for those who are shy about the shortcomings of the figure: movement in the water are hidden from prying eyes, allowing you to feel comfortable and relaxed.	30 mins	1	1,600	2,050	10% discount	max 10%
Private Muay Thai Lessson	Increase your fitness in the ring with some Thai martial arts. Muay Thai is more than just a fitness class — it's the national sport of Thailand and it's been practiced for centuries. Muay Thai is head-to-head combat; the workouts have you sparring, kicking, and punching at a fast pace to get your heart rate up and strengthen your whole body.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
			90 mins	1	2,700	3,150	10% discount
Super stretching	One-on-one session with an expert who will use specific myofascial techniques, positions and stretches to address any areas of tightness. Specific forms of stretching improve range of motion and posture, increase flexibility and blood flow, help to prevent injuries, recover and get rid of general aches and pains.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
Kettlebell Workout	Revamp your workout and build strong and toned muscles with kettlebell training. This all-around tool can replace almost every piece of equipment you have. The dynamic nature of the kettlebell will give you an all-in-one workout of a lifetime, combining both strength and cardio aspects. Kettlebell workout increases endurance, speeds up fat loss, improves core stability and muscular strength without the added bulk, rehabilitates shoulders, improves flexibility and mental toughness, decreases musculoskeletal pain and strengthens back. You will get twice the results in half the time you would spend at the gym.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
Private Full Body Toning Session	A session for those who want to drop weight, look leaner, gain energy and stamina. Private Full Body Toning Session aims at changing appearance of your body, improving metabolic functions, increasing overall functionality and build strength for everyday activities.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
		90 mins	1	2,700	3,150	10% discount	max 10%
Personalized Fitness Program	Your best exercise program is one that is completely unique to you. A tailor-made exercise plan will target your individual needs and help you meet your goals more quickly and effectively. We offer 3-month customized workout plans, designed to let you work out on your own, and personally developed by us to target your most important fitness goals. Whether you are trying to lose weight, tone specific areas, or just start a workout, we will put together exercise plans customized to help you succeed. Our program lets you decide how much additional support you want from us.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
		90 mins	1	2,700	3,150	10% discount	max 10%
			2	4,050	4,950	10% discount	max 10%
Private Pilates Reformer Session	The best way to integrate the Pilates methods into the body. In this personal, one-on-one setting, an instructor creates an individualized workout for your body's needs. Pilates is a method of body conditioning created by Joseph H Pilates in the early 20th century. Building upon deep abdominal and back strength, Pilates safely and effectively delivers optimal strength, flexibility, endurance and posture without adding bulk or stress to your joints. Emphasis is placed on breath, alignment, control and form.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%

*more than 7 years old or adult request for 30 mins training is depend on coach's consideration.

Fitness Small Group Price

minimum participant is 3 persons, maximum participants is based on the class, activities and venue (Only Fitness Coaches, Coach Stefan is not include).

COACH LEVEL	DURATION	PARTICIPANTS	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	Discount for agents	Payment policy
Fitness Coach	60 mins	3	2,400	3,750	10% commission/discout to agents	Full Prepayment/Non-Refundable
		next person	800/person	1,250/person	10% commission/discout to agents	Full Prepayment/Non-Refundable

Tennis

Tennis Private Training Services

Tennis Training - Coach Aum, Coach Arm, Coach Boss, Coach Yung, Coach Tom, Coach Mike, Coach Paul
Tennis Fitness Training - Coach Nat

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for all agents
Tennis Consultation	To understand their tennis level and suggest them the suitable class.	30 mins	1	Free	N/A	N/A	N/A
Private Tennis Lesson	This is the most adaptable product that we offer in tennis here at Thanyapura. We are able to adjust the intensity of the session to fit your needs and also control the technical and tactical content of every session. Don't get stuck in a rut, get yourself tailor made coaching to reach your goals.	60 mins	1	2,000	2,450	10% discount	max 10%
			2	3,000	3,900	10% discount	max 10%
			3	4,000	5,350	10% discount	max 10%
		90 mins	1	3,000	3,450	10% discount	max 10%
			2	4,500	5,400	10% discount	max 10%
			3	6,000	7,350	10% discount	max 10%
Private Tennis Cardio Lesson	Improve your cardio strength and endurance. Cardio fitness is key to playing good tennis. Get your legs moving and your heart pumping with a private tennis cardio lesson. Bored of general exercise? Tennis is one of the top sports in the world that uses multiple muscle groups and allows people to exercise in a 'cardio' or 'fat burn' zone for at least 60 minutes. During this session the coach will quickly assess your fitness level and then push you to the max burning up to and over 600 calories in 60 minutes.	60 mins	1	2,000	2,450	10% discount	max 10%
			2	3,000	3,900	10% discount	max 10%
		90 mins	3	4,000	5,350	10% discount	max 10%
Tactical Video Assessment	A video analysis of your tactical capabilities Improve your tennis game by analysing your on court strategy, movement and ball placement with a tactical video assessment. A tactical Video Assessment allows you to watch you shot selections shot by show and allow the coach to breakdown the tactical plays and improve your decision making. Learning the correct tactical decisions can be hard to understand so with Video Analysis it makes the process much faster and gives players a better understanding.	90 mins	1	4,000	4,450	N/A	max 10%
Technical Video Assessment	A video analysis of your technical capabilities Improve your tennis performance, mechanics, and speed with a video assisted technical assessment of your game. A technical Video Assessment gives you the best way to see your shot in person on video. Why believe the word of a coach when you can see it on video. Often players struggle to change their technique as they cannot fully understand what they are already doing or what they need to do. We will provide videos of other tennis players to use as example techniques to show visual learners what is required.	90 mins	1	4,000	4,450	N/A	max 10%
Fitness Assessment for Tennis Players	Test your fitness levels. Test early and often to ensure you have the strength and stamina to play your best tennis. Our Tennis Fitness trainer will be able to assess your overall fitness (Agility, Balance, coordination, Speed, Stamina & Strength). With this assessment it enables you to track your fitness progress over a period of time. Keeping fit and knowing where/how to improve your body is key to being a good player.	30 mins	1	1,000	1,450	N/A	max 10%
Private Fitness Lesson for Tennis Players	Make fitness your secret weapon. The best tennis players are technically good and physically fit. Optimise your fitness levels to improve your game. Make the other player run! This session is an adjustable intensity session with our specialist Tennis Fitness coach. The aim of these sessions is to help tennis players prevent injury through better muscular stability and muscular endurance. We can tailor the session like any Private Training session at Thanyapura to support the needs and aims of the person.	60 mins	1	2,000	2,450	10% discount	max 10%
			2	3,000	3,900	10% discount	max 10%
			3	4,000	5,350	10% discount	max 10%
Private Yoga Lesson for Tennis Players	Improve your flexibility and reduce injury with yoga. Yoga is ideal for tennis players. It increases flexibility, coordination and balance. Try it once and you'll understand why it is so good for your body and game. Yoga is the exercise that the majority of top tennis professionals now put as the key to injury prevention and lengthening playing careers. No wonder Yoga has grown so much in the last few years. Our expert Yoga teachers have created tailored exercises specifically for tennis players. Keeping the body in prime condition allows the body to move in more ways which give the body the chance to do what it needs to from a technical and even a tactical stand point.	60 mins	1	1,800	2,250	10% discount	max 10%
			2			10% discount	max 10%

Tennis Adult Group Classes

CLASS NAME	Duration	PRICE/SESSION FOR	PRICE/SESSION FOR NON-	10 SESSIONS (THB)
Tennis Adult Clinic**	90 mins	600	1,050/ session	10% disc
Cardio Tennis	60 mins	FREE	900 (Day Pass)	-
Social Play	90 mins	FREE	900 (Day Pass)	-

**Only Thanyapura 360 membership, can buy Tennis Adult Clinic THB 600 and get 2 sessions. No discount add-on.

Tennis Additional Services

RACQUET SERVICE	PRICE (THB)
Tennis Stringing Service (String Not Provide)	500
Tennis Stringing With String	1,000
Tennis Racquet Rental	200 / hour / piece

Aquatics

Aquatics Private Training Services

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for all agents
Aquatics Consultation	To sit and have a conversation with our swim coach about your swim background and your goal.	30 mins	1	Free	N/A	N/A	N/A
Aquatics Assessment	Determine what corrections will help you improve faster. This assessment measures your aquatic ability and potential, guides you on the fastest way to achieve your goals, and optimal use of your time. Our expert coach will assess your strengths, weaknesses and needs in the water, and create a path to the fastest way to reach your true potential.	30 mins	1	1,000	1,450	10% discount	max 10%
Private Swim Lesson	Private swim lessons with Thanyapura coaches. Swimmers of all ages and levels benefit from one-on-one swim lessons. Our coaches and aquatic facilities are regarded as one of the best in Asia. Our swimming private sessions are extremely popular here at Thanyapura. If you're looking to enhance your strokes or are completely new swimming, our coaches will teach you all the skills and drills specific to your swim level for training and strategies for competitions, helping you achieve and develop all aspects of your strokes giving you the edge for increased performance. • 1 hour of private swim training in our outdoor pool • Technique training catering to your ability • Full stroke analysis • Structured and organised session for all abilities • Speed and endurance techniques for competition	30 mins* (4-7 yrs)	1	1,300	1,300	10% discount	max 10%
		60 mins	1	2,000	2,450	10% discount	max 10%
			2	3,000	3,900	10% discount	max 10%
		90 mins	1	3,000	3,450	10% discount	max 10%
			2	4,500	5,400	10% discount	max 10%
		120 mins	1	4,000	4,450	10% discount	max 10%
			2	6,000	6,900	10% discount	max 10%
Private Swim Lesson with Miguel	Train with our Head Coach, Miguel. Miguel is one of the world's best swim coaches and see improvements almost immediately. A great investment for swimmers that want to take it to the next level. After having worked with eighteen Olympic and four Paralympic swimmers, and helped break more than ten World and one thousand national records for more than twenty countries, Miguel is ready to help YOU break your own personal barriers in the water.	60 mins	1	3,500	3,950	10% discount	max 10%
			2	4,500	5,400	10% discount	max 10%
		90 mins	1	5,250	5,700	10% discount	max 10%
			2	6,750	7,650	10% discount	max 10%
		120 mins	1	7,000	7,450	10% discount	max 10%
			2	9,000	9,900	10% discount	max 10%
		60 mins	1	2,000	2,450	10% discount	max 10%
2	3,000		3,900	10% discount	max 10%		
Private Cardio Swim Lesson	Conduct an elite swim session. Choose between an anaerobic threshold, anaerobic capacity, aerobic power or anaerobic power session. Your own personal coach will guide you through an elite session of your choice. You will get a better understanding of the warm up, the basis of the chosen session, and the recovery.	60 mins	1	2,000	2,450	10% discount	max 10%
			2	3,000	3,900	10% discount	max 10%
		90 mins	1	3,000	3,450	10% discount	max 10%
			2	4,500	5,400	10% discount	max 10%
		120 mins	1	4,000	4,450	10% discount	max 10%
			2	6,000	6,900	10% discount	max 10%
Swim Video Analysis	Enhance your perspective with video analysis. A great visualisation tool to analyse swim technique and mechanics. A great coaching aid with immediate impact on performance. Learn the corrections you need to make in your technique by watching your swim, both above water and under water. Work on the technique and the transition strategies between different strokes or after a turn or a start.	60 mins	1	3,500	3,950	N/A	max 10%
Dynamic Mobility & Power for Swimmers	Learn to use dry land to swim faster. Learn the latest on stretching and gaining power the XXI century way! Flexibility, elasticity, power, strength - all terms wildly used and often misused. Learn to differentiate between the different expressions of physical traits and how working they can make you faster, more resilient, more efficient.	60 mins	1	2,000	2,450	10% discount	max 10%

*more than 7 years old or adult request for 30 mins training is depend on coach's consideration.

Aquatics Group Classes

CLASS NAME	Description	1 Session/ Drop In	1 Day	1 Week	1 Month	1 Year	Discount/ commission for all agents
Gold Squad	The Gold Squad is for those who have an eye to representing their country at junior events and to develop the skills necessary to pursue a career in swimming. The focus is on improving their times in their chosen stroke and distance and representing Thanyapura at major events. Gold Squad must swim a minimum of 6 times a week. Skills test required	700	1,200	3,600	12,000	125,000	max 10%
Silver Squad	The Silver Squad will be focusing/choosing their particular competition stroke and specializing in their chosen distances. Their stroke is already well developed, and there is a main focus on racing and qualifying for certain events and teams. Skills test required	700	N/A	2,000	8,000	75,000	max 10%

Triathlon

Triathlon includes cycling, running and swimming and services is provided separately.

Coach Madhu - Swim, Bike, Run

Coach Fluke - Bike

Coach Erik - Run (Effortless Running)

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for all agents
Triathlon Consultation	A Triathlon Coach assesses and understand the members triathlon goal.	30 mins	1	Free	N/A	N/A	N/A
Private Fitness Lesson for Triathletes	Focus on your strength & conditioning. Fitness is fundamental and that's especially true for triathletes. Fine tune your fitness with private lessons from our fitness coaches and feel the power.	60 mins	1	1,800	2,250	10% discount	max 10%
Private Yoga Lesson for Triathletes	Private Yoga Lesson for Triathletes. Yoga helps athletes control their breathing and improve range of motion. It's ideal for triathletes who want new ways to round out their training regimen.	60 mins	1	1,800	2,250	10% discount	max 10%

Tri-Cycling Private Training Services

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for all agents
Road Cycling Private Lesson	For personal training on your bike. Nothing can replace real time, on-the-road instruction from a qualified coach. Improve your technique and tactics with private road cycling lessons.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
		90 mins	1	2,700	3,150	10% discount	max 10%
			2	4,050	4,950	10% discount	max 10%
		120 mins	1	3,600	4,050	10% discount	max 10%
			2	5,400	6,300	10% discount	max 10%
Private Computrainer Cycling Lesson	Indoor cycle training on your own bike. The Computrainer is a great tool to focus on cycling techniques and mechanics. A private coaching session on a Computrainer will significantly impact your training and performance.	60 mins	1	1800	2,250	10% discount	max 10%
		90 mins	1	2700	3,150	10% discount	max 10%
		120 mins	1	3600	4,050	10% discount	max 10%
Functional Threshold Power Test (FTP)	Find your perfect training zones The world's best athletes know how to train for maximum performance gain and minimum injury pain. FTP can help you get into the 'zone'.	60 mins	1	3500	3,950	10% discount	max 10%

Tri-Running Private Training Services

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for all agents
Private Running Lesson	Running for triathletes and runners Let our running coach train you to bring out the best of you with special running technique. Perfect for runners and triathletes.	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
		90 mins	1	2,700	3,150	10% discount	max 10%
			2	4,050	4,950	10% discount	max 10%
		120 mins	1	3,600	4,050	10% discount	max 10%
			2	5,400	6,300	10% discount	max 10%
Effortless Running Lesson	Effortless running for triathletes and runners Let our running coach Erik show you how to hit your stride with his effortless running technique. Perfect for runners and triathletes of all levels who want to run like the wind.	60 mins	2	5,000	5,900	N/A	N/A
Effortless Run Video Analysis	Let Erik show you how to improve on video Improve your running mechanics and technique with video analysis. Coach Erik will dissect your technique, step-by-step, with technology used by the pros.	60 mins	1	5,500	5,950	N/A	N/A
Effortless Trail Running Lesson	Run in the stunning Khao Phra Thaeav national park Run with a coach surrounded by awe inspiring nature. It's an unforgettable experience with great health benefits.	60 mins	1	2,500	2,950	N/A	N/A
			2	5,000	5,900	N/A	N/A

Tri-Swimming Private Training Services

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for all agents
Private Tri Pool Swim Lesson	Pool swim lessons by Triathletes for Triathletes. There is nothing better than getting quality one-on-one instruction from a fellow triathlete that understands the sport and can share valuable tips to enhance your performance in the water. Our adult triathlon swimming private sessions are extremely popular here at Thanyapura. If you're looking to enhance your freestyle or are completely new to front crawl, our coaches will teach you all the skills and drills specific to your swim level for triathlon training and upcoming competitions, helping you achieve and develop all aspects of your front crawl giving you the edge for increased performance. 1 hour of private swim training in our outdoor pool Technique training catering to your ability Front crawl stroke analysis Structured and organised session for all abilities Speed and endurance techniques for competition Analyse tri swim techniques on land	60 mins	1	1,800	2,250	10% discount	max 10%
			2	2,700	3,600	10% discount	max 10%
		90 mins	1	2,700	3,150	10% discount	max 10%
			2	4,050	4,950	10% discount	max 10%
		120 mins	1	3,600	4,050	10% discount	max 10%
			2	5,400	6,300	10% discount	max 10%
Tri Pool Swim Video Analysis	Video analysis is a great visualisation tool to help triathletes analyse their swim technique and mechanics. A great coaching aid with immediate impact on performance.	60 mins	1	3,000	3,450	10% discount	max 10%
Private Tri Open Water Swim Lesson	Tri swim lesson in open water. Excelling at open water swim is a combination of technique and tactics. Private open water swim lessons will help you with both and get you race ready. Open Water private skill session for triathletes and open water swimmers are aimed at increasing your ability to swim in a straight line, develop your sight, and increase awareness of drafting and becoming comfortable swimming in close proximity to other competitors. This session aims at developing the tools needed to overcome any open water fears and compete with assurance. All levels welcome.	90 mins	1	4,000	4,450	10% discount	max 10%

Bike Rental Price

BOOKING PERIOD	MOUNTAIN BIKE TREK X-CALIBER 9 (ALUMINIUM FRAME)		ROAD BIKE CANNONDALE CAAD10 / TREK EMONDA ALR (ALUMINIUM) CANNONDALE SUPERSIX EVO (CARBON FRAME)			
	For Hotel Guests and Sports Club Members		For Non-Hotel Guests and Non-Sports Club Members	For Hotel Guests and Sports Club Members	For Non-Hotel Guests and Non-Sports Club Members	For Hotel Guests and Sports Club Members
1 Day	THB 700		THB 900	THB 800	THB 1,000	THB 900
2-3 Days	THB 595			THB 680		THB 765
4-7 Days	THB 560			THB 640		THB 720
8-14 Days	THB 525			THB 600		THB 675
15+ Days	THB 490			THB 560		THB 630

Football

Football Private Training Services

Coach Steve - Football fitness technique (not required much skills, train skill of running).

Coach Martin (PSS) - Goalkeeper training, players 8 years old and below.

Please note that every booking must be confirm with Coach Steve first.

Service Name	Description	Duration	No. of Participants	Member & Hotel Guest Price (THB)	Non-Member Price (THB)	6 sessions and over for members and hotel guests price/session (THB)	Discount/ commission for all agents
Private Football Lesson	Improve your football with private lessons Start with private lessons from Thanyapura's team of football coaches. The fastest way to play better.	60 mins	1	3,000	3,450	2,400	max 10%
			2	3,500	4,400	2,900	max 10%
			3	4,000	5,350	3,400	max 10%
			4	4,500	6,300	3,900	max 10%

Golf

Golf Private Training Services

Training offsite with Khun Andy Combe.

Service Name	Description	Duration (Minutes)	No. of Participants	Member & Hotel Guest Price	Non-Member Price (THB)	10 sessions (THB)	Discount/ commission for
Private Golf Lesson	<p>Our golf sessions are focused on getting specific. To identifying targeted areas of your game and give you tools to help you lower your score.</p> <p>Whether your need is to develop your game, train your game or perform better, we have the ideal environment for all. At Blue Canyon we have an indoor golf studio with flight scope launch monitor, and swing catalyst video analysis, full length driver range, short areas and 2 championship golf courses.</p> <p>Sessions are broken into 2 hour chunks. Whether it's for a studio session or for 9 holes on course, 9 holes equates to 2 hours and 18 holes 4 hours. Look forward to seeing you on the course.</p> <p>Green Fee and Caddy Fee (Additional from Lesson) 120 Minutes - THB 2,200 480 Minutes - THB 3,500 <i>remark: to be paid on lesson date at golf course</i></p>	120 mins	1	6000	N/A	N/A	max 10%
		240 mins	1	11500	N/A	N/A	max 10%
		480 mins	1	20000	N/A	N/A	max 10%