



Challenge your limits and take your workout to
the next level in Samui's top fitness centers

FITNESS ACTIVITIES

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**Strength does not come from physical capacity.
It comes from an indomitable will.**

- Mahatma Gandhi

Santiburi Sports Centre

Santiburi's Sports Centre has everything guests need to workout. Spacious and air-conditioned, it's equipped with high-tech cardio machines, free weights, cross-trainers, ellipticals, stationary bikes and spin bikes. Gymnastic mats, foam rollers and bench press is also provided.

Their qualified trainers are always happy to assist and advise. You can play darts and table football, take Thai boxing lessons or have a private yoga or pilates session.

Fitness Activities:

- Tennis
- Muay Thai Boxing
- Football
- Jogging & Cycling



Santiburi Sports Centre

**Location:**

Maenam

Business hours:

Open daily, 6am to 8pm

Website:

www.santiburisamui.com/experiences/sports-centre/

Reservation Policy:

For fitness classes, reserving at least a day in advance is required.

Fitness Classes & Rates:

3-day Boxing Camp for Kids - 1,800++ THB (min. of 2 kids)

Saturday to Monday, 3:30 to 4:30pm

Meet at Banyan Tree at the Beach

Off The Beaten Path Bicycle Tour - 450++ THB (max. of 6 people)

Saturday, 10:30am

Recommended for 13 years old and up. Only adult bikes are available.

Jungle Trek to Waterfall - 550++ THB (max. of 8 people)

Tuesday, 2pm

Moderately challenging route

Sunrise Yoga - 500++ THB

Monday and Wednesday, 7:30am



Elite Gym and Fitness

Elite Gym and Fitness is a workout place for everyone, from professional athletes in need of an extensive workout, to everyday people who want to get in good shape. They have two air-conditioned gyms on the island, where a great mix of locals, expats, and vacationers enjoy a wide range of weights, plate-loaded equipment, and cardio machines.

Elite Gym and Fitness Exclusive branch in Chaweng also offers fitness classes including MMA sessions, pilates, and even dance fitness sessions. They also have a shake bar where guests can delight in a post-workout protein shake.



Fitness Activities:

- MMA for Men and Women
- Circuit Training
- Cardio Burn
- Stretching
- Body Combat
- Bodypump
- Glutes Abs Legs
- Body Balance
- Pilates
- 6-pack + Legs Workout
- High Intensity Interval Training
- Zumba
- Hip Hop for Kids
- Kids' Workout

Elite Gym and Fitness



Locations:

Chaweng, Nathon

Business hours:

Open daily, 7am to 10pm

Website:

www.elitegymsamui.com

Rates (Chaweng Branch):

Day Pass - 400 THB

10 visits - 1,500 THB

1 month - 2,900 THB

Fitness Classes - 300 THB per non-member

Rates (Nathon Branch):

Day Pass - 300 THB

10 visits - 1,600 THB

1 month - 1,500 THB



Intercontinental Resort

Experience harmony and rejuvenation in at Intercontinental Koh Samui Resort's state-of-the-art fitness gym and their exclusive series of holistic programs. Take a healing yoga class. Breathe in the fresh sea air and greet the morning sun to the sounds of the ocean. For a total body workout that enhances balance and flexibility, take a Muay Thai class and release all the stress built up back home. The resort also has two outdoor tennis courts that sports enthusiasts can enjoy, with coaching and hitting partners available upon request.

Location:
Taling Ngam

Pricing:
Gym rate is available upon request

Classes:
Private classes to be arranged with the team of Intercontinental Resort

Website:
www.samui.intercontinental.com/fitness



02K Fitness

The 02K Fitness gym is located in Maenam. It features new and well-appointed fitness equipment where vacationers can go to for an extensive workout session. The fitness studio is also spacious and airy, where you can comfortably enjoy weight lifting and cardio exercises. Their dedicated staff is always present to assist and guide their clients, and to make sure that every gym equipment is cleaned after use.



Location:
Maenam

Business hours:
Open daily, 7am to 10pm

Pricing:
100 THB per day
800 THB for 10 days
1,500 THB for 1 month

Website:
www.facebook.com/pg/02kFitness



THE PRIVATE WORLD
VILLAS & HOMES