



Visama
Mae Chan

Visama Vitality Program

To help you wake up to a comfortable morning, we have organized daily activities for our guests to participate in together every morning.

Monday

Jogging

Tuesday

Cycling

Wednesday

Shadowboxing

Thursday

Indoor
Exercise

Friday

Cycling

Saturday

Thai Hermit
Exercise

Sunday

Indoor
Exercise

Jogging

Monday

Time 06.30 - 07.30

Complementary

Jogging is a slow or leisurely jog or run that aims to increase physical strength by reducing the tension in the body from running fast.

Venue

- Visama route And
- Huay nam rin Village

Routine

- Warm-up
- Jogging
- Cooling down



Cycling

Tuesday & Friday

Time 06.30 - 07.30

Complementary

Cycling is an aerobic exercise that has a positive effect on the respiratory system and circulatory system, strengthens the heart, helps prevent blood clots, strengthens the muscles in the front and back of the thighs, and helps stretch the muscles in the waist and hips.

Venue

- Visama Route

Routine

- Cycling sightseeing



Shadowboxing

Wednesday

Time 06.30 - 07.30

Complementary

Shadowboxing is a combat sport exercise in which a person throws punches at the air as though there is an opponent. Practiced primarily in boxing, it is used mainly to prepare the muscles before the person training engages in stronger physical activity.

Venue

- Visama SALA

Routine

- Warm-up
- Footwork
- Shadowboxing



Indoor Exercise

Thursday & Sunday
Time 06.30 - 07.30

Complementary

Come exercise indoors to refresh your body. It is considered a way to recharge your energy and strength, while also giving you healthy muscles.

Venue

- Visama SALA

Routine

- Warm-up
- Exercise
- Cooling down



Thai Hermit Exercise

Saturday
Time 06.30 - 07.30

Complementary

Yoga is a practice of body and mind with a set of postures designed to develop strength and increase flexibility of the body, combined with breathing to create concentration and relaxation.

Venue

- Visama SALA

Routine

- Meditation
- Thai Hermit Exercise
- Cooling down

