

New Fit Ball and Body Combat Classes Launched @ Shangri-La Hotel, Tianjin

Written by Helen

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Ensuring our guests keep their well-being is our daily mission at Shangri-La Hotel, Tianjin and for those who enjoy a weekend workout, we've added two new studio fitness classes at our Fitness Centre on level 3. Every Sunday from 15:00-16:00, guests and members can shape up with fit ball, an exercise class using inflatable fit balls to improve core strength, posture and body alignment. Following Fit Ball from 16.00-17.00, new Body Combat is a non-contact martial arts based workout designed to burn calories and stress as you have fun punching and kicking your way to health. The Fitness Centre also runs Yoga and Pilates classes throughout the weekend and weekdays, which are complimentary for all hotel guests and Fitness Club members. For more information, please contact 022-84188888 transfer Fitness Club.

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