

Wowing the health conscious

Everything under one roof

By ALFRED THA HLA

California WOW Xperience Plc has third-quarter plans in the pipelines to relocate its entire facility, housed in Jasmine Tower at the corner of Sukhumvit Soi 23, to a state-of-the-art complex at the corner of the Asoke-Sukhumvit intersection next to the MRT station but that's another day, another review.

The Sukhumvit Soi 23 branch is still up and running, so let's see what we are in for.

At the basement level is the sauna and steam areas, separate female and male, with changing rooms and lockers—604 for male, 686 for female. I strongly recommend using a lock and key instead of the combination lock type.

Then we have a cycling studio with 51 bicycles next to a large free-weight area.

We also have Planet Yoga Studios—Planet Yoga and Planet Yoga Hot by Master Kamal—located in the basement.

And there's a Zense of Joy Day Spa and Wellness Centre aimed at renewing and rejuvenating yourself with head to toe pampering treatments including facial and body treatments—aromatherapy, swedish



massages and facials.

Convenient escalators lead to the ground floor, which features small lounge and reception area with live DJ and about 10 stairmasters with juicebar selling protein supplements as well.



Up the second floor are Group X Studios, which house Group X classes such as BodyJam, BodyBalance, RPM and many others. The two studios accommodate up to 100 persons of 276m² and 321m². There's also a warm-up stretching area.

Included on this floor are weight equipment, stairmasters, miniature boxing ring training area and a pilates studio. Lots of TV monitors and convenient drinking water fountains.

It's convenient for city-dwellers since the BTS electric skytrain and MRTA underground are within walking distance.

There's no daily newspapers, coffee and room-temperature water but the atmosphere and people are great.

On an ending note, I chose to ignore management's advice and continued to use a small combination locker which is why my wallet was recently stolen from my locker.

I still enjoy working out at Sukhumvit 23, just a tad more careful.



California Wow Sukhumvit 23 Club
 Jasmine City, Sukhumvit Soi 23
 Call 02-665-2999 or 02-261-4500 for the spa, or visit www.californiawowx.com/.
 Operating Hours 6am to midnight (Monday to Saturday)
 8am to 10pm (Sunday and public holidays).

California Wow, Sukhumvit 23

	Rate	Comments
Location		It's smack in the middle of the city. Easy access by the BTS and MRT.
Cleanliness		Staff should be careful when receiving used towels from members on the way out. Rations of small and large towel means it gets dirty after a sauna.
Equipment		Border-line state-of-the-art. About 120 machines for burning off calories, 16 stomach crunchers and lots of weight equipment. Noticed a few that needed maintenance.
Amenities		Daily newspapers, coffee and room-temperature water would be a nice touch. No wireless, but they do have a nice lounge., with a live DJ!
Classes		Yoga, pilates and cycling are popular besides the boxing classes, which seem like fun. Great variety in Bodycombat and Latin dance as well.
Bath/locker room		Good shower facilities. More than 600 lockers each for men and women.
Staff Quality		Friendly PR and reception. Trainers tend to have a bit of an attitude problem but nothing out of the ordinary. If you're not paying they don't help out much.
Overall rating		The atmosphere is conducive to working out and breaking into a sweat from odd campaign strategies to woo customers.
Excellent	Good	Satisfactory
		So-so
		Needs Improvement

