



CALIFORNIA WOW WOMEN CLUB

The functional locker and changing room are androgenous enough, but just step into the spacious glitzy vanity room, complete with multi-coloured sparkling ceiling hangings, and you know you've entered a female-friendly space.

The California WOW Women Club gym in the Fenix Tower aims to offer its female members an unimimidating fitness experience in an atmosphere of friendly camaraderie. And based on the time I spent there getting my first testing taste of Pilates and chatting to members and staff, it has been very successful.

The all-women team of personal trainers and instructors are on-hand to offer encouragement and advice to members at all times, and the spacious gym overlooking Sukhumvit is well-equipped for individual cardio and weight training (and checking out guys on the busy street below). Group classes run from 7am to 8.30pm and include a variety of aerobics, dance and yoga styles including Astanga and Hatha yoga and Indian and fusion dance.

Who goes:

Women of all ages and races looking for stress-free, man-free workouts in a relaxed atmosphere. "It's nice to be able to show up and workout without having to wear make-up or worry about how you look" one Indian member of the club confided.

Cost: Membership packages range from 99 baht per week to the Triple Diamond package which costs 15,999 baht and covers use of all clubs and yoga studios for three years.

Facilities:

Steam room, lockers, showers and changing rooms, areas for post-worout relaxing, free internet stations and wide-screen TVs showing (what else?) Fashion TV. Fully-equipped Pilates room, spacious gym area and studios for group yoga, dance and aerobics classes.

Star feature:

Looking more like an exhibition of torture instruments than a fitness facility, the Stott Pilates studio is fully equipped with all the boards and frames and springs you need to bend you back into shape. Experienced (female) personal trainers offer one-on-one guidance for maximum results.

Fenix Tower, Sukhumvit Soi 31, Phrom Phong. Tel : 0 2260 7999.

