

RAK^{Xa} GAYA GYM

MEDICAL GYM MENU

PHYSIOTHERAPY

PERFORMANCE REMEDY

50 / 80 Min

Our physiotherapist, using advanced techniques and evidence-based care, carries out physical assessments to diagnose, treat and help prevent a wide range of muscle and joint conditions and movement disorders. Together with carefully selected exercises and manipulation, our physiotherapy sessions help repair damage, reduce stiffness and pain, increase mobility and improve the quality of movement and function. Suitable for those who have either tightness or weakness in the body that creates pain, postural imbalance and discomfort.

FASCIA RELEASE

50 / 80 Min

Fascia is the biological fabric that holds us together to the connective-tissue network. It wraps around each of your individual internal parts, keeping them separate and allowing them to slide easily with your movements. Unhealthy fascia causes a hunched posture and imbalance which leads to further mobility issues and strength limitation. Our physiotherapist will utilise different techniques including massage, foam roller and meridian stretches to release the tense fascia both passively and actively, resulting in a more mobile, more enlivened state of body and mind.

DEEP TISSUE MASSAGE

50 / 80 Min

Aiming to relieve tension and muscle stiffness, this full body treatment focuses on your specific areas of pain or discomfort. Great for those who play sport, have incorrect posture or muscle strain from repetitive activity, this stress release treatment concentrates on the deeper layers of the muscle to really combat your precise problem areas.

PHYSICAL MOVEMENT ASSESSMENT

25 Min

This compact yet effective assessment is an essential part of your RAK^{Xa} journey. Using state-of-the-art technology, this session will analyse your daily essential functional movement: strength, mobility, balance and co-ordination, in order to guide you to the right treatments, classes and exercises that suit you best while you are with us and in your everyday life back home.

MEDICAL GYM MENU

BASAL METABOLIC RATE ASSESSMENT

25 Min

The Basal metabolic rate analysis allows you to understand the basic caloric needs for your body and how your body metabolises carbohydrates, fat and protein. It is vital to know your basal metabolic baseline in order to have an effective and nutritional diet.

This assessment is particularly important for those on a weight loss or training programme.

VO2 MAX TESTING

25 Min

Vo2Max is considered the gold standard of performance testing for endurance sports. It is a measurement of the maximum amount of oxygen your body can use to generate power for continuous movements in exercise. This reflects the overall performance of the cardiopulmonary system to deliver oxygen, and your muscle ability to take in and utilise it. Ultimately, it gives an accurate account of your fitness levels and allows us to monitor the effectiveness of your training.

BIOMECHANICS ANALYSIS

50 Min

A good foundation in movement and joint function is the basis of a well-functioning body. Through biomechanics analysis, we are able to pinpoint the exact persistent problem or find improvements in the way your body moves. Through this analysis our specialist can help you understand and correct your movement, running gait and load and lift mechanism to help you prevent and rid the body of pain caused by movement compensations and imbalance.

LOWER BODY IMBALANCE ASSESSMENT

50 Min

During this session we analyse the muscles in the lower limbs in a seven-step test checking strength, balance, proprioception and flexibility. Our medical gym expert will take you on a circuit of the different machines in our medical gym that help to highlight where any issues may lie in your balance or the way you currently exercise.

MEDICAL GYM MENU

HYDROTHERAPY EXERCISE

50 Min

Refresh and revive in our 30 metre pool surrounded by tropical flower and fauna in one of our non-impact cardiovascular exercise sessions, ideal for those who have joint and spine problems. This fun and energetic class uses the benefit of water to take away stress from your body's weight, making the exercise safe and suitable for all conditions, from muscle weakness to athlete training.

PERFORMANCE REGENERATING EXERCISE

50 Min

Our physiotherapist will customise this session by blending the art of Pilates, rehabilitation and neuromuscular activation exercise to create your own personalised programme. The aim is to achieve neutral alignment by promoting correct and essential muscle engagement. Crucial for preventing future injuries from daily activity or exercise.

ACTIVE BRAIN COORDINATING EXERCISE

25 / 50 Min

Coordination is at the heart of so much of what we do, whether it is driving, rushing for the train, or navigating your way around a busy street. Good coordination can enhance your ability in sport and help prevent all kinds of injuries, and help you stay more effective as you age. Our physiotherapist will teach you the different types of coordination exercises that will increase your ability to execute smooth, accurate and controlled motor responses.

FITNESS

PERSONALISED CORRECTIVE EXERCISE

50 Min

A one-on-one session with our experienced personal trainer is the ideal way to perfect your exercise routine into something you can continue at home. Our specialist will work with you to fine tune exercises that help to reduce pain or regain function after an injury, illness, or surgery. Corrective exercises are an important part of overall recovery, and to help restore strength, range of motion, and endurance. The overall goal of this exercise is to restore you to your former activity level as well as finding ways to improve.

RAK^{Xa}

WELLNESS &
MEDICAL RETREAT

MEDICAL GYM MENU

SPORT PERFORMANCE ANALYSIS

30 Min

The RAK^{Xa} sports performance analysis is a comprehensive assessment utilising seven stations in the medical gym to check each individual's flexibility, stability, core strength, and cardio endurance. The results from each session help our team to create a fully personalised exercise programme that you can perfect at the retreat and use once you have returned home.

PRIVATE OUTDOOR TRAINING

50 Min

This training session is the best way to exercise and explore the nature of Bang Kra chao, our jungle-clad island on the Chao Praya River. Our fitness trainer will accompany you as you run along wooden paths, through little communities, under bridges and passing the small canals that run off the river gently flowing past in the distance. Breathe in the fresh air of the Green Lung of Bangkok.

TOTAL BODY POWER TRAINING

50 Min

This programme targets the biomechanics of power development in your body for optimal movement. Power is the key to reactive strength and agility, allowing you to generate force faster and stronger in every movement, making it crucial for all sports and an essential part of enhanced fitness and wellbeing.

HIIT REENERGISE TRAINING

50 Min

High Intensity Interval Training (HIIT), once an exercise programme reserved only for elite athletes, has shown great benefits in boosting energy levels, stimulating growth hormone responses, and triggering rapid development of functional strength for everyone. This intense workout and total body activation will give you surges of adrenaline and dopamine, during the class and onwards throughout your day, leaving you feeling happier, healthier and with a new zest for life.

Prices are subject to change without notice.

No-shows or appointments cancelled less than 3 hours will incur a 50% cancellation fee.

MEDICAL GYM MENU

PRIVATE ACTIVE AQUA EXERCISE

50 Min

The joint-stress free cardiovascular exercise is aimed at burning calories and strengthening your whole body using water resistance. These low gravity movements can be performed without risk of injury, while still simulating many land-based exercises such as bicycling, running, cross-training and abdominal training, that are usually performed in the gym.

PRIVATE SUSPENSION SESSION

50 Min

At RAKxa, our suspension is different. We use Redcord, a medical based suspension as an exercise solution and training tool for functional performance and strength training. Utilising ropes and your own body weight as resistance, this session combines unique equipment, specific exercises, and expert guidance to help you train all important muscle groups and improve performance, prevent injury and rehabilitate existing injuries.

PRIVATE YOGA

50 Min

With strengthening poses, breathing techniques and meditation all in one, this class brings the whole self into balance whilst increasing flexibility. Realising that there are many different types and forms of yoga, from gentle to advance levels, our instructors will ensure that sessions are appropriate for your current level of experience and personal goals.

PRIVATE TAI CHI

50 Min

Tai chi is a form of exercise that began as a Chinese tradition thousands of years ago. Based on martial arts, this gentle session involves slow movements and deep breaths that bring physical and emotional benefits. These include muscle and joint suppleness, decreased anxiety and depression, and increased energy and stamina.

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WELLNESS &
MEDICAL RETREAT

MEDICAL GYM MENU

THAI BOXING WITH MUAY THAI MASTER

50 Min

THAI BOXING WITH FITNESS INSTRUCTOR

50 Min

This is a Thai traditional martial art known also as “the art of eight limbs”, because both hands, elbows, knees, and legs can be used to attack an opponent. Thai boxing is not only a great cardiovascular workout, but the arduous nature of Thai boxing also creates a strong mind focus, encouraging participants to be courageous, intelligent and disciplined. Overall this fun and energetic session will leave you with enhanced mental stamina and self-confidence, and much more determination.

PRIVATE KEISER SPINNER

50 Min

Our Medical Gym instructor will personalise a challenging spin workout that is safe and fun while ensuring that your form and positioning on the bike is optimal to prevent injuries or any back, neck, or knee problems from occurring.

PRIVATE SWIMMING LESSON

50 Min

Whether you want to improve your swimming technique, swim safely and efficiently or learn how to float comfortably as a new learner, this private swimming class will help you reach your goals as our fitness instructor will create a tailored session based on your specific needs.

PRIVATE HAMMOCK SESSION

50 Min

A modified aerial yoga class, this session allows participants to move more freely and with less effort, with the aid of the hammock. Being suspended in the air helps to release tension on the bones and muscles, allowing for an increase in flexibility. It also strengthens the body’s core muscles while the inversions practiced increase flexibility in both the spine and shoulders.

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MEDICAL RETREAT

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HEAD TO TOE STRETCH

25 / 50 Min

A one-on-one passive stretch class is recommended after an exercise session as a great cool down method. Our Medical Gym staff will professionally stretch you gently to loosen up the tension created during exercise or accumulated over time. Combined with therapeutic manipulation, this Head to Toe Stretch is a great way to relax and safely increase your flexibility.

CORE AND STABILITY TRAINING

25 / 50 Min

Our Medical Gym team has created an exercise session which focuses on four movement fundamentals: Flexibility and Mobility, Dynamic Strengthening, Posture and Balance, and Resistance. Using Huber 360 patent Dynamic Posture Corrector™, this class aims to improve your physical condition in record time with balancing games that engage both physical and cognitive skills.

COUPLES EXERCISE CLASS

50 Min

A study showed that working with a partner, especially in a team format, improved performance and doubled the workout time of those who exercised alone. Giving each other motivation is also a great social skill which helps with feelings of low mood or depression. Although this is a couples class, our Medical Gym trainer still focuses on the individual, ensuring you not only have fun but that your fitness goals are met.

PILATES ONE-ON-ONE

50 Min

Originally inspired by calisthenics, yoga and ballet, Pilates aims to strengthen the whole body, with particular emphasis on the core to improve general fitness and wellbeing. The exercises in Pilates are designed to lengthen and stretch the major muscle groups in a balanced way. It requires focus and concentration to control your body through movement which results in improved flexibility, strength, balance and enhanced body awareness.

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