

PULLMAN WELLNESS

Stay fit with our 60-minute Lifestyle Class
Special 50% Off from THB 1,000++ to THB 500++
Available time slots from 09:00 – 17:00

- **The Arke** is the best solution for full freedom of movement to perform activities in the best possible way. As well as to achieve optimum physical fitness, coordination, stability, balance, flexibility, strength, speed, cardio and respiratory capacity
- **Kinesis** is an innovative and unique system that focuses on movement through balance, flexibility and strength.
- Sunrise **Yoga and Sunset Yoga** programs are designed to relax and de-stress you, whilst providing the perfect time to enjoy the beautiful sunrise or indulge in the sunset. Pullman Phuket Arcadia offers the best vantage points to view the stunning sunsets.
- **Pilates** is a great way to strengthen your body and train within the limits of your body. Relive tension and stress whilst working on mindfulness.
- With **Personal Training**, our experienced team will help guide your fitness journey in the right direction. Whether you want to focus on strengthening, mobility, flexibility or a combination of everything.
- **Muay Thai** offers the greatest benefits of gaining inner strength and self-confidence. By pushing your physical and mental limits, you as a Muay Thai student will learn how to harness the body, mind and spirit to achieve massive goals – both in training and everyday life.
**Muay Thai Class is THB 800++ per hour*

Limited space and time available
To make reservations in advance, call 5097


pullman
HOTELS AND RESORTS
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