



Pullman Hotels & Resorts are helping to create a healthier generation of travellers.

An **ACCORHOTELS** brand

ACCORHOTELS IS COMMITTED TO YOUR WELLBEING

Our Hospitality is designed with 4 pillars of wellbeing in mind. We're looking after you in the way that you deserve.



SLEEP



FOOD



SPORT



SPA

PULLMAN LUANG PRABANG

Ban Pong Vannh Village, Muang Luang Prabang
Luang Prabang Province – Lao PDR

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PULLMAN fit

MEMBERSHIP



PULLMAN FIT – ACCESSIBLE FITNESS AND WELLBEING

At Pullman Fit, wellbeing is accessible to everybody, no matter how your schedule reads or what your personal wellbeing practice is. Pullman Fit is designed to offer an appealing, user-friendly space that motivates and inspires. The aim is to make you feel comfortable and at ease no matter what your fitness level.

Pullman Fit offers flexible, integrated fitness experiences that balance performance with enjoyment, under the watchful eye of our fitness attendants. Pullman Fit will keep your lifestyle in balance and your fitness on track.

Work out at Pullman Fit amidst a view of rice paddy fields and surrounding mountains. Open 24 hours and just a short hop from the main swimming pool. Equipped with state-of-the-art fitness machines and equipment to help strengthen and tone.

Be energised. Be proud. Be on track. Be balanced. At Pullman Fit.

Pullman Fit Membership

All memberships include:

- Access to Pullman Fit facilities
- Access to three swimming pools
- Access to Pullman Fit changing lockers including towels and amenities
- Access to Kid's Playground and complimentary kids' daily activities programme
- 10% off laundry service

* Prices are inclusive of 10% service charge and 10% government tax; Memberships are non-transferrable and non-refundable; Discount offers begin on membership start date and valid at mentioned outlets only; Discounts cannot be combined with other offers or promotions; Discounts not valid on banquets, special events or blackout dates as defined by the hotel

BE REWARDED WITH FREE EXTENDED MEMBERSHIP WITH OUR "MEMBER GET MEMBER" PROGRAM!

REFER A FRIEND TO JOIN AS A PULLMAN FIT MEMBER AND GET YOUR MEMBERSHIP EXTENDED:

NEW 1-YEAR MEMBERSHIP SIGN-UP AND YOU GET ADDITIONAL 3 MONTHS FREE

NEW 6-MONTH MEMBERSHIP SIGN-UP AND YOU GET ADDITIONAL 1 MONTH FREE

ANNUAL MEMBERSHIP

SINGLE	USD 350
COUPLE	USD 550
FAMILY (PARENTS WITH TWO CHILDREN UNDER 12YR)	USD 600
EXTRA CHILD	USD 30

PRIVILEGES:

- Ten complimentary 30-minute neck and shoulder massage
- 15% discount on Food & Beverage at L'Atelier, H2O Pool Bar and The Junction
- 20% discount on take-away breads and pastries from the Bakery
- 30% discount at Pullman Spa for treatments between 12 PM to 4 PM, 15% discount during peak hours and 10% discount on retail spa products.
- One complimentary birthday cake

6-MONTH MEMBERSHIP

SINGLE	USD 250
COUPLE	USD 400
FAMILY (PARENTS WITH TWO CHILDREN UNDER 12YR)	USD 450
EXTRA CHILD	USD 30

PRIVILEGES:

- Five complimentary 30-minute neck and shoulder massage
- 10% discount on Food & Beverage at L'Atelier, H2O Pool Bar and The Junction
- 20% discount on take-away breads and pastries from the Bakery
- 25% discount at Pullman Spa for treatments between 12 PM to 4 PM, 10% discount during peak hours and 10% discount on retail spa products.
- One complimentary birthday cake

1-MONTH MEMBERSHIP

SINGLE	USD 120
COUPLE	USD 200
FAMILY (PARENTS WITH TWO CHILDREN UNDER 12YR)	USD 250
EXTRA CHILD	USD 30

PRIVILEGES:

- Two complimentary 30-minute foot massage
- 10% discount on Food & Beverage at L'Atelier, H2O Pool Bar and The Junction
- 20% discount on breads and pastries from the Bakery
- 15% discount at Pullman Spa for treatments between 12 PM to 4 PM, 10% discount during peak hours and 10% discount on retail spa products

DAY PASS

SINGLE	USD 15
COUPLE	USD 30
FAMILY (PARENTS WITH TWO CHILDREN UNDER 12YR)	USD 40
EXTRA CHILD	USD 5

PRIVILEGES:

- Complimentary 15-minute foot massage
- 10% discount on Food & Beverage at L'Atelier, H2O Pool Bar and The Junction
- 20% discount on take-away breads and pastries from the Bakery
- 15% discount at Pullman Spa for treatments between 12 PM to 4 PM, 10% discount during peak hours and 5% discount on retail spa products

PULLMAN fit MEMBERSHIP

MEMBERSHIP APPLICATION

Membership type

- SINGLE FAMILY
 COUPLE EXTRA CHILD

MAIN APPLICANT

Name: Date of Birth:

Address:

Tel:

Email:

PARTNER

Name: Date of Birth:

Address:

Tel:

Email:

CHILDREN

Name: Date of Birth:

Name: Date of Birth:

MEMBERSHIP DURATION

- Annual 6 months 1 month Day-Pass

Pullman Luang Prabang will not be responsible for any injury, risk or damage throughout the duration of Pullman Fit membership program. Participants should not engage in physical activities if their health does not allow it. We encourage all participants to consult a professional before engaging in physical activities. Pullman Fit information is provided for general information and educational purposes only, and is not a substitute for professional fitness advice.

* By signing below, I also agree to receive Pullman promotions and e-newsletters via the email address provided above

Signature: Date:

For internal use only:

Reference no.:

Start date: Expiry date:

Special conditions:

Approved by: