

PULLMAN WELLNESS

- 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.
- Hatha yoga is intermediate level of Yoga for those ready to start taking this form of exercise more seriously. Ha is the sun and Tha is the moon
- Sunrise Yoga and Sunset Yoga programs are designed to relax and de-stress you, whilst providing a perfect time to enjoy the beautiful sunrise or indulge in the sunset. Pullman Phuket Arcadia offers the beautiful breathtaking views that Phuket has to offer in the stunning sunsets.
- 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 body, mind, and spirit to achieve massive goals – both in training and everyday life.
- Zumba Fitness Dance is designed to bring people together to sweat it on! Get your groove-on with signature Latin and salsa-style music to build anaerobic endurance and enhance a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility.



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