

GET ACTIVE PLANNER

for the mind, body and soul

Customise a private individual or group session



Meet our Trainer
Narongsak Buain

**Bachelor of Sport Science
Diploma in Physical Health Education**

Narongsak has seven years experience creating and leading engaging and entertaining sports and training sessions.

With six years experience as a Fitness Instructor and Yoga Teacher, plus four years teaching Tai Chi, Pilates and Thai Boxing Narongsak enjoys customising unique programs to meet guests' specific needs.



COMPLIMENTARY MORNING SESSIONS

DAY	ACTIVITY	START	MEET	ATTIRE
Monday	Tai Chi	7.30am - 55mins	Pool Sala (adjacent Bites)	Comfortable clothes
Tuesday	Yoga	7.30am - 55mins	Pool Sala (adjacent Bites)	Comfortable clothes
Wednesday	Weight Training	7.30am - 55mins	Gym (Villa 2835)	Training shoes and clothes
Thursday	Thai Boxing	7.30am - 55mins	Gym (Villa 2835)	Training shoes and clothes
Friday	Layan Bike Tour	7.30am - 55mins	Outside Gym (Villa 2835)	Training shoes and clothes
Saturday	Pilates	7.30am - 55mins	Gym (Villa 2835)	Training shoes and clothes
Sunday	Pool Exercise	7.30am - 55mins	Main Pool (adjacent Bites)	Swimming attire

Dial 8 to book your session. Arrive 5-10 minutes early. Protect yourself from the sun for outdoor activities.

COMPLIMENTARY AFTERNOON SESSIONS

DAY	ACTIVITY	START	MEET	ATTIRE
Monday	Water Volleyball	5.00pm - 55mins	Main Pool (adjacent Bites)	Swimming attire
Tuesday	Mini Soccer	5.00pm - 55mins	Park (adjacent Bites)	Comfortable clothes
Wednesday	Water Polo	5.00pm - 55mins	Main Pool (adjacent Bites)	Swimming attire
Thursday	Layan Bike Tour	5.00pm - 55mins	Outside Gym (Villa 2835)	Training shoes and clothes
Friday	Water Aerobics	5.00pm - 55mins	Main Pool (adjacent Bites)	Swimming attire
Saturday	Badminton	5.00pm - 55mins	Park (adjacent Bites)	Training shoes and clothes
Sunday	Petanque Bowls	5.00pm - 55mins	Park (adjacent Bites)	Training shoes and clothes

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BOOK ADDITIONAL SESSIONS FOR YOURSELF OR A GROUP

COURSE	PRICE PER PERSON PER HOUR
Yoga - a combination of body postures, meditation and breathing, stretching your body and mind into total relaxation.	Private session: 1,000++THB Group class (up to 4 pax): 280
Pilates - stretch and strengthen your body without building muscle bulk.	Private session: 1,000++THB Group class (up to 4 pax): 280
Thai Boxing - this ancient mixed martial arts technique is a great full body workout as it uses fists, elbows, knees and feet.	Private session: 1,000++THB Group class (up to 4 pax): 280
Tai Chi - relaxed integrated movements that strengthen the body, lower blood pressure and release physical and mental stress.	Private session: 1,000++THB Group class (up to 4 pax): 280
Super Stretching - reduce muscle tension and increase range of movement.	Private session: 1,000++THB
Fit Ball - excellent for strengthening your core muscles this activity features a range of exercises that use a fit ball.	Private session: 1,000++THB Group class (up to 4 pax): 280
Layan Bike Tour - discover the beautiful region around Phuket's premier resort destination and pristine Layan Beach.	Private session: 1,000++THB Group class (up to 4 pax): 280
Giving Alms - an age old tradition of offering food or a gift to local monks.	500++THB per person
Personal Training - get the most out of training with a customised session.	Private session: 1,000++THB
Cardio Spinning - get your heart racing as your instructor takes you spinning.	Private session: 1,000++THB
Bike Rental - captain your own exploration.	100++THB per bike per day
Wii Games and Controller - keep active in the comfort of your room.	100++THB per day

++ Taxes and service charges are additional