



ULTIMATE FITNESS HOLIDAY THAILAND

JOIN US IN PARADISE

Whether you spend 1, 2 or 8 weeks at the Ultimate Fitness Holiday in Thailand, you can really make a difference.

With our own Ultimate Fitness professionals providing all the motivation and guidance you need, you can join our groups to change your fitness levels and transform your physique in a completely supportive environment.



WHY ULTIMATE FITNESS

- Expert training & supportive, safe and fun environment
- Gym exclusive for Ultimate Fitness Clients
- Year round group start dates, perfect for solo travellers
- Stay in a luxury resort
- Super affordable
- Onsite restaurant with healthy food options
- Premium Bootcamp = Better Experience

ANYONE CAN JOIN

Time spent training with us will give you huge fitness benefits. You train and stay in a super motivating, accountable environment, with fun like-minded people.

It is not just training, it is a holiday too!

Relax, unwind and have fun!





ULTIMATE FITNESS HOLIDAY THAILAND

ABOUT THE GYM

The gym is brand new and exclusive to Ultimate Fitness Clients, making it a safe and supportive environment. We have rigs, barbells, plates, dumbbells, kettlebells, sandbags, wallballs, boxes, landmines and more!

The gym is at the resort, so there is no excuse to miss a training day.

alongside the training sessions, you have free use of the gym.



ALL LEVELS

Ultimate Fitness holidays are open to everyone looking to meet new people, discover beautiful tropical locations and kick-start or improve their fitness.

We can cater to all levels. Whether you are just starting, coming back from an injury, or if you are a fitness professional. We challenge you to become better, fitter, healthier and happier.

2 SESSIONS A DAY

From Monday to Friday, we include 2 fitness sessions a day. Well-planned out sessions including strength and technique, mobility and functional training and High intensity training sessions. Once a week we lay on a beach training session on one of the stunning beaches in Phuket.





THE RESORT



For the duration of your stay, you will be staying in a luxurious 4-star resort with an exclusive UF Training Centre, in an environment very much focused on training, recovery, and eating well.

It's all about finding that perfect balance between pushing your limits and giving yourself the care and relaxation you deserve on your fitness journey.

AMENITIES

- 3 pools (including 1 saltwater pool)
- On-site restaurant
- Air-conditioned co-working space, complete with high-speed internet
- Massage facilities
- Icebath and steam room facilities
- An extra small indoor gym with machines
- Yoga shale with amazing views over the area
- 24/7 Reception
- Taxi service, tour desk and car/scooter rental



All our rooms have:

Air conditioning, Fridge, Coffee and tea maker, desk, Cable TV, WiFi, Safety deposit box, Ensuite bathroom.



BOUTIQUE SINGLE ROOM

32 sqm room



VALUE SINGLE ROOM

27 sqm room



TWIN SHARE ROOM

32 sqm room

For if your book with a friend or your partner and want to share a room,

**TRAINING ONLY OPTION
AVAILABLE TOO.**



INCLUSIONS

- Pre departure information
- Introduction orientation session
- Luxurious Accommodation
- Unlimited access to Gym and training equipment
- Two training sessions a day, Monday to Friday
Exclusive to Ultimate Fitness clients
- Nutrition session
- One excursion a week

EXTRA'S TO BOOK

Book extra upfront:

Airport transfer
PT sessions

Bookable extra excursions at our travel desk in Thailand:

Excursions to food markets, Phuket Town, Muay Thai boxing matches, beach clubs, tiger park, elephant park, and boat tours. You can also book in-house yoga classes, steam room, icebaths and massages.



SEE YOU OUT THERE
OPEN YEAR ROUND
START DATES EVERY SUNDAY

www.ultimatefitnessholiday.com

info@ultimatefitnessholiday.com

[instagram.com/ultimatefitnessholiday](https://www.instagram.com/ultimatefitnessholiday)

*Join us
in Paradise*