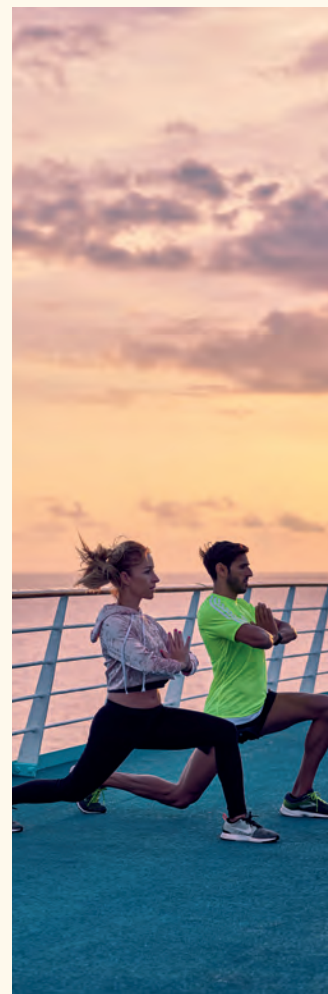
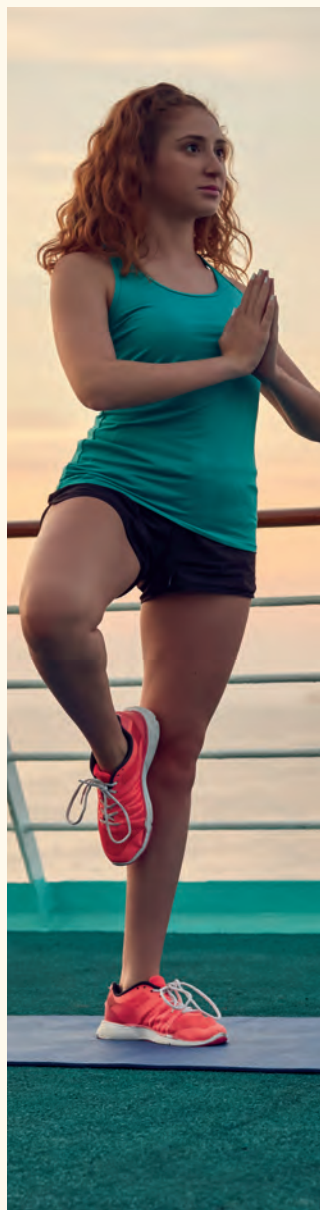


**ENJOY BEING
ACTIVE EVEN
WHEN ON
HOLIDAY.**

Discover all our on-board
fitness activities.



pullmantur
 **cruises**

Your favourite sports in a place you'd never have imagined.



We like to stay healthy when we go on holiday. For this reason, **our all inclusive package offers a wide range of fitness activities** so you can practise your favourite sport.

We are proud to say that **our sports facilities have the best views in the world.** All of our ships have designated sports areas where we accommodate all levels, from beginners to experts.

What's more, our **Sports Ambassadors** not only teach different classes but also offer personalised support and advice about the best activities for you.





Stretching.

- **Content:** stretching and holding positions.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.

GAP.

- **Content:** Warm-up + Legs + Abs + Relaxation/Stretching.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.

Toning



Water Aerobics.

- **Content:** muscle toning with different equipment in the water.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.

Couple workout.

- **Content:** Five different exercises in pairs.
- **Suitable for:** couples of all levels.
- **Duration:** 30 - 45 min.

Elastic Fit.

- **Content:** aerobic and resistance exercises with elastic bands.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.

Cardio

Active walking.

- **Content:** warm-up and exercise by walking along the deck.
- **Suitable for:** senior passengers and anyone who likes to walk.
- **Duration:** 30 - 45 min.

Circuits.

- **Content:** warm-up + active exercises + stretching.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.

Running.

- **Content:** warm-up + legs + abs + jumping + jogging + stretching.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.



Zumba.

- **Content:** aerobic exercises fused with Latin rhythms.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.



Body and mind

Active well-being

- **Content:** warm-up + sun salutation + legs + balance + hips + abs + relaxation.
- **Suitable for:** everyone with different levels of difficulty.
- **Duration:** 30 - 45 min.

Stimulate your legs.

- **Content:** exercises with leg equipment to stimulate the whole body.
- **Suitable for:** everyone. Ideal for family and friends who want to enjoy a massage.
- **Duration:** 30 - 45 min.

Mindfulness.

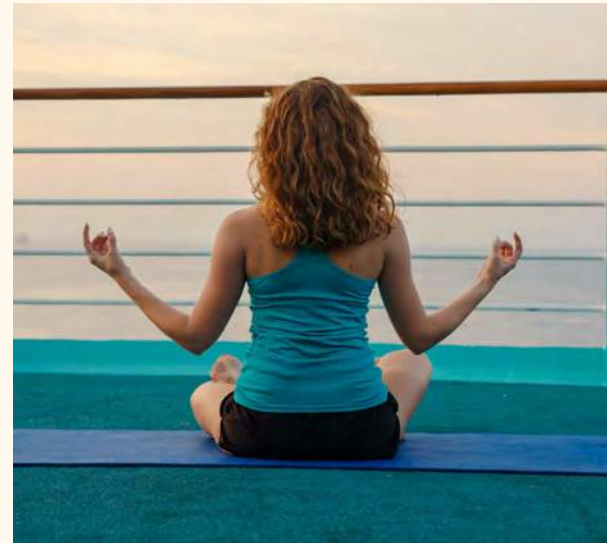
- **Content:** breathing and relaxation exercises with sounds and other stimuli.
- **Suitable for:** everyone. Ideal for family and friends.
- **Duration:** 30 - 45 min.

7 days / 7 poses.

- **Content:** yoga poses for senior passengers.
- **Suitable for:** senior passengers and people who like to take care of themselves.
- **Duration:** 30 - 45 min.

Family yoga.

- **Content:** yoga exercises to strengthen family bonds.
- **Suitable for:** families.
- **Duration:** 30 - 45 min.





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way we are