



# LEFAY SPA WORLD

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The Lefay SPA is an exclusive temple to wellness, where mind and body are regenerated through rediscovery of genuine emotions and a sense of inner harmony.

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## NATURE & FITNESS

Wellness also means getting fit through targeted physical exercise. The Nature and Fitness area consists of a large gym equipped with Technogym's latest wellness equipment with a fantastic view over Lake Garda.

Alongside, a fitness studio offers courses and fitness activities such as cardio fitness, Qi Gong, Stretching and Body Toning. Personal trainers are also available, even with specific pre and post birth programmes.

### MOVEMENT ACTIVITIES

- Muscular awakening
- The Zuu Training
- Kettlebell
- Gag
- Flexi Bar
- Total Body Sculpt
- Total Abdominal
- Fitball
- Bender Ball
- Power Pump
- Circuit aimed at muscular strengthening
- Fitness path Shape and Colour
- Running circuit The Wind and the Hill, in Rhythm with your Stride (2 Km)

NEW

- RedCord

GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (duration 40 min.) € 70,00\*

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN  
The Symbol of Life  
GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (duration 90 min.) € 110,00  
FOR TWO PEOPLE € 160,00

NEW

### FIT & FACE

Facial gymnastics to train the muscles in the face and attain a more refreshing and young look.  
(duration 60 min.) € 80,00

### PERSONAL TRAINING

PRIVATE TRAINING SESSIONS  
duration 40 min. € 70,00\*  
duration 50 min. € 80,00\*

### WATER ACTIVITIES

- Water Gym
  - Water Lefay
- GROUP SESSIONS FREE OF CHARGE  
PRIVATE SESSIONS (duration 40 min.) € 70,00\*

### POSTURAL REBALANCE

- Pilates
  - Stretching
  - Postural gymnastics
- GROUP SESSIONS FREE OF CHARGE  
PRIVATE TRAINING SESSIONS (duration 50 min.) € 80,00\*

### BREATHING AND MEDITATION ACTIVITIES

- Stretching of Meridians
  - Qi Gong
  - 5 tibetans
  - Tai Qi
  - Yoga
- NEW
- Holistic Season Activity: Sequence of different Chinese Medicine energetic activities (breathing, stretching and stimulation of points along the energy channels), which varies over the course of the four seasons.

GROUP SESSIONS FREE OF CHARGE  
PRIVATE TRAINING SESSIONS (duration 50 min.) € 80,00\*

\*Prices may vary according to individual requests