



LEFAY SPA
WORLD

FITNESS

03.

FITNESS

A 24-hour fitness centre composed by a gym with the latest Technogym® equipment illuminated by natural light overlooking Lake Garda.

The fitness offer includes group sessions and muscle-awakening activities such as Qi Gong, Stretching and Body Tonic. Personal trainers are also available, for specific 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 *La Forma e il Colore*
- Running circuit: *Nel Ritmo dei Passi il Vento e la Collina* (2 Km)
- TRX
- Rebounding
- Sky Fitness Circuit
- Barre Workout

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

MON / THU
€ 90,00**
(40 min.)

FRI / SUN*
€ 99,00**
(40 min.)

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN

Il Simbolo della Vita

PRIVATE SESSIONS

MON / THU
€ 160,00**
(90 min.)

FRI / SUN*
€ 176,00**
(90 min.)

FOR TWO PEOPLE

MON / THU
€ 190,00**

FRI / SUN*
€ 209,00**

PERSONAL TRAINING

PRIVATE TRAINING SESSIONS

MON / THU
€ 90,00**
(40 min.)

FRI / SUN*
€ 99,00**
(40 min.)

MON / THU
€ 100,00**
(50 min.)

FRI / SUN*
€ 110,00**
(50 min.)

WATER ACTIVITIES

- Acqua Gym
- Water Lefay

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

MON / THU
€ 90,00**
(40 min.)

FRI / SUN*
€ 99,00**
(40 min.)

POSTURAL REBALANCE

- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE

PRIVATE TRAINING SESSIONS

MON / THU
€ 100,00**
(50 min.)

FRI / SUN*
€ 110,00**
(50 min.)

BREATHING ACTIVITIES

- Stretching of the Meridians
- Qi Gong
- Yoga
- Meditation
- Anti-stress breathing exercises
- Five Animals Qi Gong
- Six Healing Sounds Qi Gong
- Five Tibetan Rites

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

MON / THU

€ 90,00**

(40 min.)

FRI / SUN*

€ 99,00**

(40 min.)

FACE FITNESS

FIT & FACE

Facial gymnastics to train the muscles in the face and attain a more refreshing and young look.

MON / THU

€ 90,00**

(60 min.)

FRI / SUN*

€ 99,00**

(60 min.)

SELF FACEGYM

Facial gymnastics aimed at reconnecting the mimic muscles with the inner energy and mind, by performing acupressure on certain points on the face. It helps to prevent the appearance of expression lines caused by muscular overtones and to regenerate vital energy, for a feeling of well-being that gives new light.

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

MON / THU

€ 90,00**

(40 min.)

FRI / SUN*

€ 99,00**

(40 min.)