



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

- Flex and Mobility
- The Zuu Training
- Kettlebell
- Gag
- Flexi Bar
- Total Body Sculpt
- Total Abdominal
- Fitball
- Bender Ball
- Power Pump
- Circuit Training
- Rebounding
- Barre Workout
- Functional Military Training
- Lefay Power Walking
- Lefay Breathing Training
- Sky Fitness Path *La Forma e il Colore*
- Running circuit: *Nel Ritmo dei Passi il Vento e la Collina* (2 Km)

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

MON - THU
€ 95,00**
(40 min.)

FRI - SUN*
€ 105,00**
(40 min.)

PERSONAL TRAINING

PRIVATE TRAINING SESSIONS

MON - THU
€ 95,00**
(40 min.)

FRI - SUN*
€ 105,00**
(40 min.)

MON - THU
€ 105,00**
(50 min.)

FRI - SUN*
€ 115,00**
(50 min.)

POSTURAL REBALANCE

- Pilates
- Wall Pilates
- Matwork Pilates
- Stretching

GROUP SESSIONS FREE OF CHARGE

PRIVATE TRAINING SESSIONS

MON - THU
€ 105,00**
(50 min.)

FRI - SUN*
€ 115,00**
(50 min.)

FACE FITNESS

FIT & FACE

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

MON - THU
€ 95,00
(60 min.)

FRI - SUN*
€ 105,00
(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
€ 95,00
(40 min.)

FRI - SUN*
€ 105,00
(40 min.)



HOLISTIC DISCIPLINES AND BREATHING

- *Stretching of the Meridians*: discipline that relaxes muscle fibers and tendons and opens up joints, eliminating energy and mental blockages.
- *Qi Gong*: a discipline deriving from Chinese medicine, philosophy and martial arts; it involves coordinated slow movements, deep rhythmic breathing, meditation, and mental focus.
- *Meditation*: focus on the "here and now". Maintain serenity and feel the force to eliminate negative thoughts, making room for positive and enabling reflections.
- *Anti-stress breathing*: controlling our breathing facilitates the elimination of toxins, improves blood and lymphatic circulation, frees us from anxiety and fear, strengthens the immune system, improves digestion and purifies the body.
- *Five Animals Qi Gong*: exercises whose therapeutic function is to activate the five organs (liver, heart, spleen, lungs, kidneys) together with their related functions and energy phases.
- *Qi Gong's Six Healing Sounds*: an ancient form of Qi Gong, consisting of slow, wide and harmonious exercises performed together with vocalizations of six specific sounds during exhalation. It energises and provides calmness, helping to cure some chronic diseases.
- *Yoga*: ancient wisdom system that aims at the union of body, mind and spirit, the elimination of conditioning and greater awareness.
- *Five Tibetan Rites*: Highly beneficial yoga exercises for staying healthy, as they improve the flexibility of the body, while also bringing enormous mental benefits.

GROUP SESSIONS FREE OF CHARGE

PRIVATE SESSIONS

Holistic activities can be carried out throughout the stations of our Energy Therapeutic Garden.

MON - THU

€ 95,00

(40 min.)

FRI - SUN*

€ 105,00

(40 min.)

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN

Il Simbolo della Vita

PRIVATE SESSIONS

MON - THU

€ 180,00

(90 min.)

FRI - SUN*

€ 196,00

(90 min.)

FOR TWO PEOPLE

MON - THU

€ 195,00

FRI - SUN*

€ 225,00