



LEFAY SPA
WORLD

FITNESS

LEFAY SPA WORLD

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.

03.

FITNESS

A 24-hour fitness centre composed by a gym with Technogym equipment and a large room flooded with natural light, both overlooking the Infinity Pool and 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, even with 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 *Shape and Colour*
- Running circuit *The Wind and the Hill, in Rhythm with your Stride* (2 Km)
- RedCord
- Rebounding

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS (40 min.) **€ 90,00***

GUIDED WALK THROUGH THE ENERGY THERAPEUTIC GARDEN
The Symbol of Life
PRIVATE SESSIONS (90 min.) **€ 160,00**
FOR TWO PEOPLE **€ 190,00**

FIT & FACE

Facial gymnastics to train the muscles in the face and attain a more refreshing and young look.
(60 min.) **€ 90,00**

PERSONAL TRAINING

PRIVATE TRAINING SESSIONS
duration 40 min. **€ 90,00***
duration 50 min. **€ 100,00***

WATER ACTIVITIES

- Water Gym
- Water Lefay

GROUP SESSIONS FREE OF CHARGE
PRIVATE SESSIONS (40 min.) **€ 90,00***

POSTURAL REBALANCE

- Pilates
- Stretching
- Postural gymnastics

GROUP SESSIONS FREE OF CHARGE
PRIVATE TRAINING SESSIONS (50 min.)
€ 100,00*

BREATHING AND MEDITATION ACTIVITIES

- Stretching of Meridians
- Qi Gong
- Tai Qi
- Yoga
- Meditation

GROUP SESSIONS FREE OF CHARGE
PRIVATE TRAINING SESSIONS (40 min.)
€ 90,00*

*Prices may vary according to individual requests