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WORLD OF  
WATER AND FIRE

FITNESS

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# WORLD OF WATER AND FIRE

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An exclusive temple to wellness,  
where East and West blend together  
among nature and innovation.

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## FITNESS

Well-being also means feeling healthy through a targeted physical activity. The Fitness Centre overlooking the garden is composed by a wide gym with modern Technogym® equipment and studios for breathing, meditation and physical-energetic rebalancing classes.

### MOVEMENT ACTIVITIES

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- Muscular awakening
- Kettlebell
- ABT
- Flexi Bar
- Total Body Sculpt
- Total Abdominal
- Fitball
- Bender Ball
- Power Pump
- Circuit Training aimed at muscular strengthening
- RedCord

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

### PERSONAL TRAINER

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

### WATER ACTIVITIES

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- Water Gym
- Water Lefay

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

### POSTURAL REBALANCE

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- Pilates
- Stretching
- Postural gymnastics

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

### BREATHING ACTIVITIES

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- Meridian stretching
- Qi Gong
- Yoga

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

\*Prices may vary according to individual requests.