

OUR FITNESS OFFERINGS

for everybody and every level

Functional Training – 60 min

A fun, full-body outdoor workout using our Outrace Tower, bodyweight exercises, and easy-to-use props like resistance bands, medicine balls, and TRX.

65 USD ++

Gym Program – 60 min

A guided workout in our fitness room. Our trainer will create a personalized program focusing on your fitness goals.

60 USD ++

Couples Training – 60 min

Using bodyweight exercises and light props, this session helps you and your partner build strength, coordination, and motivation in a supportive environment.

90 USD ++ for 2

Contact your Kilege or the Wellness team to book your private session.

