

# Luxury Wellness

by

PALESTRA HAUS

LUXURY PRIVATE GYM

**Where wellness meets Elegance**

Stamford CT - NYC - Bonita Springs FL







## Introduction

Welcome to PALESTRA  
HAUS exclusive line of  
Luxury Home Gyms, where  
unparalleled craftsmanship  
meets personalized  
wellness. Designed for  
high-end clients who value  
both aesthetics and  
performance, our fully  
custom gyms embody  
tranquility, functionality,  
and elegance.





## A Zen Approach to Fitness

Our home gyms are designed with a harmonious balance of luxury and serenity. We create bespoke fitness spaces that integrate seamlessly with your home, fostering well-being, focus, and inner peace.

# State of the art Equipment



**CICLOTTE®**

**PENT.**  
LUXURY FITNESS EQUIPMENT



WATERROWER



NOHRD



Perfect  
Wellness

effe  
PERFECT WELLNESS  
BY EFFEGIBI

F Y S I K

TECHNOGYM®







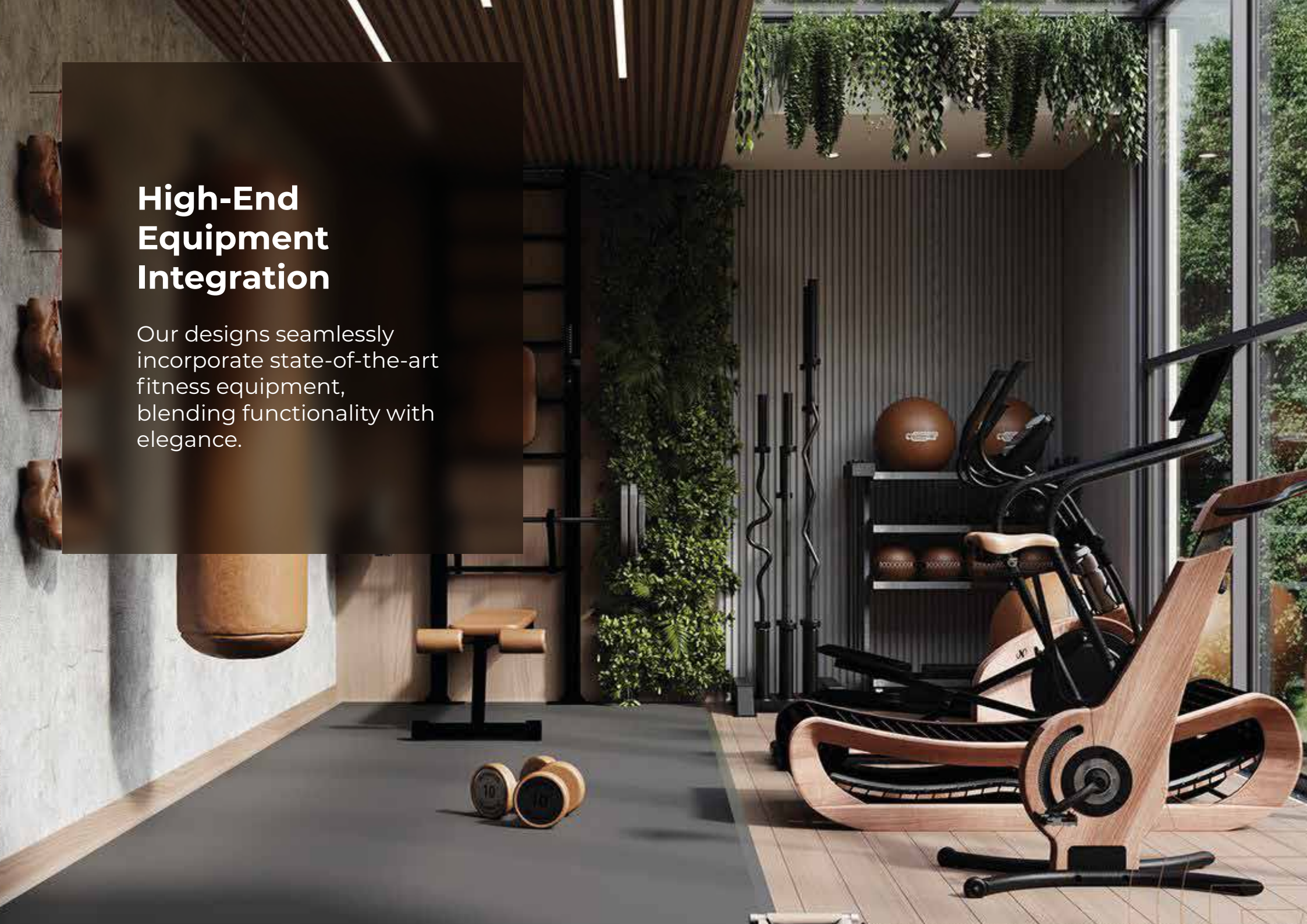
## Bespoke Gym Layouts

Every gym is tailored to your lifestyle from spatial planning to custom-built storage solutions, ensuring an intuitive, clutter-free environment.



## High-End Equipment Integration

Our designs seamlessly incorporate state-of-the-art fitness equipment, blending functionality with elegance.





A modern, minimalist interior space featuring a glass-enclosed sauna with warm wood paneling and integrated lighting. To the left, a low, white metal frame table holds a textured, light-colored throw blanket. The floor is made of dark wood, and a dark, textured rug is partially visible. The background wall is a neutral, light gray. On the right, a dark gray rectangular panel contains white text.

## Wellness & Recovery Spaces

EFFE Saunas and relaxation zones provide the perfect balance of fitness and recovery, enhancing your overall well-being.



The background image shows a sophisticated home gym. On the left, a piece of exercise equipment with a curved wooden frame and black accents sits on a light-colored floor. In the center, a large window looks out onto a lush green landscape. To the right of the window is a vertical living wall covered in dense green foliage. Further right, a black adjustable gym bench is visible, along with a rack of kettlebells and a large black exercise ball. The ceiling features exposed wooden beams, and the overall atmosphere is one of modern elegance and wellness.

## The Ultimate Luxury Wellness Experience

At PALESTRA HAUS, we believe that a home gym should be more than just a place to work out—it should be a personal retreat. By combining world-class fitness technology with bespoke craftsmanship, we deliver a space where you can elevate both your physical and mental well-being in complete privacy and style.



# Contact Us

## PALESTRA HAUS

LUXURY PRIVATE GYM

**Discover the art of luxury wellness  
with PALESTRA Home Gym.**

Contact us to start designing your  
exclusive fitness sanctuary today.

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