

Price List and Contract valid from Jan 2024, prices excl. VAT

Personal Training Subscriptions

<input type="checkbox"/> 48-session package + 6 Jokers (valid for 6 months)	CHF 8950.–
<input type="checkbox"/> 48-session package + 5 Jokers (valid for 12 months)	CHF 8950.–
<input type="checkbox"/> 24-session package + 3 Jokers (valid for 3 months)	CHF 4850.–
<input type="checkbox"/> 24-session package + 2 Jokers (valid for 6 months)	CHF 4850.–
<input type="checkbox"/> 24-session package + 1 Joker (valid for 12 months)	CHF 4850.–
<input type="checkbox"/> 12-session package + 1 Joker (valid for 3 months)	CHF 2450.–
<input type="checkbox"/> 12-session package (valid for 6 months)	CHF 2450.–

One-to-One & One-to-Many

<input type="checkbox"/> One-to-One Personal Training	CHF 230.– / hour
<input type="checkbox"/> One-to-Many (2 persons)	CHF 165.– per person / hour
<input type="checkbox"/> One-to-Many (3 persons)	CHF 130.– per person / hour
<input type="checkbox"/> One-to-Many (4 persons)	CHF 110.– per person / hour
<input type="checkbox"/> One-to-Many subscriptions	available on request

Health & Performance Diagnostics (incl. at Personal Training subscriptions)

<input type="checkbox"/> Comprehensive Analysis (3D body scan, metabolism & stress analysis and spiroergometry)	CHF 350.–
<input type="checkbox"/> Lactate Threshold Test (incl. 3D body scan)	CHF 230.–

Additional Services

<input type="checkbox"/> Holistic Health & Sports Consultation (Personal Trainer & Movement Therapist, NVS Member)	CHF 230.– / hour
<input type="checkbox"/> Half-day Personal Training Package (4 hours)	CHF 790.–
<input type="checkbox"/> Full-day Personal Training Package (max. 8 hours)	CHF 1290.–
<input type="checkbox"/> One-to-Many (more than 4 persons) & Seminars	available on request