

# PASCALBOLLMANN

**Price list** valid from Jan. 2015, Price excl. VAT

48-session subscription + 6 session cards, incl. 2 lactate threshold tests (valid 6 months)	CHF 8950.–
48-session subscription + 5 session cards, incl. 2 lactate threshold tests (valid 12 months)	CHF 8950.–
24-session subscription + 3 session cards, incl. 1 lactate threshold test (valid 3 months)	CHF 4850.–
24-session subscription + 2 session cards, incl. 1 lactate threshold test (valid 6 months)	CHF 4850.–
24-session subscription + 1 session cards, incl. 1 lactate threshold test (valid 12 months)	CHF 4850.–
12-session subscription + 1 session cards, incl. 1 lactate threshold test (valid 3 months)	CHF 2450.–
12-session subscription, incl. 1 lactate threshold test (valid 6 months)	CHF 2450.–
One-to-one private session	CHF 230.– / hour
One-to-many (2 clients)	CHF 165.– per client / hour
One-to-many (3 clients)	CHF 130.– per client / hour
One-to-many (4 clients)	CHF 110.– per client / hour
One-to-many (more than 4 clients)	upon request
<b>Performance Diagnostics</b>	Pass 1x incl., see below
1 lactate threshold test (incl. body fat analysis)	CHF 230.–
2 lactate threshold tests (redeemable within 7 months)	CHF 390.–
Comprehensive health and athletic advice as personal trainer and kinesiologist (NVS 'A'-Member)	CHF 230.– / hour
Half-day all-inclusive Personal Training (4 hours)	CHF 790.–
Daily all-inclusive for personal training (max. 8 hours)	CHF 1290.–
Training plan	CHF 160.– resp. according to outlay
Seminars	upon request