



# COACHING SERVICES

We do not offer "gym memberships". We provide professional Coaching for our clients. You can build your ideal plan by selecting from the options listed below.

## UNLIMITED SESSIONS

Perfect for the CrossFit addict, or anyone looking for a **very** high level of fitness. Attend unlimited one hour small group Coaching sessions.

CHF199 / MONTH

## 12 SESSIONS/ MONTH

Ideal for those with a busy schedule who still want to lose weight and improve their overall fitness. Up to 12 Coached small group sessions each month.

CHF180 / MONTH

## 8 SESSIONS/ MONTH

If you are involved in other sports, this is the perfect way to stay in top condition without spending hours in the gym. Up to 8 Coached small group sessions per month.

CHF160 / MONTH

## 20 CLASS PASS

The business traveler's best friend! 20 Coached small group sessions that can be used at any time.

CHF499

## PERSONAL TRAINING

Simply the fastest and most effective way to reach your fitness goals! 1:1 coaching and a personalized plan. Combine with a group Coaching plan for the best of both!

10 X 30 MIN COACHING CHF531

20 X 30 MIN COACHING CHF1062

10 X 60 MIN COACHING CHF1062

20 X 60 MIN COACHING CHF2124

\*INCLUDES FULL WEEKLY FITNESS PLAN

## NUTRITION PROGRAM

Whether your goal is elite sports performance, or losing body fat, adding a sound nutrition plan is essential!

WITH COACHING PLAN: CHF49/ MONTH

WITHOUT COACHING PLAN: CHF99/ MONTH

## ADDITIONAL SERVICES

Combine these services with any other Coaching or Nutrition plan:

BODY COMPOSITION ANALYSIS CHF10/MONTH

BODY COMPOSITION ANALYSIS X 4 CHF80

ONLINE FITNESS PLAN (GENERAL) CHF 49/ MTH

PERSONAL ONLINE FITNESS PLAN CHF 99/ MTH

\*30 days written notice is required to change or cancel a monthly plan.

+Monthly plans cannot be paused for work or holiday travel. We will program your workouts while you are away, or arrange your sessions at another CrossFit facility. In the event of an injury, we will modify your program while you recover.

**AS A QUALICERT FACILITY, YOUR FEES MAY BE REFUNDED BY YOUR HEALTH INSURANCE PROVIDER**