

## Important Information for Personal Training

- A first consultation of about 15 minutes is free of charge.
- The exercise room should only be entered with indoor shoes, socks or barfoot.
- Please do not bring any food or sweet drinks into the studio. Only water is allowed.
- Please bring your own towel to use on the mat.
- The studio opens 10 minutes before your appointment.

## General Terms and Conditions

- One session of Personal Training has the duration of 60 minutes.
- You can buy one or several Pilates Training sessions. For details please refer to the price list!
- Payment for the sessions is due in advance or with the first session..
- A package of up to 10 Personal Training sessions will be valid for one year.
- Please give at least a 24 hours notice if you cannot join the session, otherwise the session will be charged.
- Paid sessions are not refundable. Only as an exception a refund can be granted. Service expenses of 50.- CHF will be charged.