



Fitnesspark Heuwaage Basel

Steinentorberg 8
4051 Basel
Tel. 058 575 81 50

Regular Business Hours

Monday–Friday	6.30 a.m. – 10 p.m.
Wellness Zone	8 a.m. – 10 p.m.
Saturday/Sunday	9 a.m. – 7 p.m.

FITNESS  **PARK**
HEUWAAGE BASEL
MIGROS

www.fitnesspark.ch

FITNESS  **PARK**
HEUWAAGE BASEL
MIGROS

Personal Training

Personal training is a logical supplement to normal training and offers major additional benefits:

- › Personal support and supervision at each training session
- › Tangible training success in a short amount of time
- › The best motivation for each training session
- › Individual training with a lot of variety
- › Optimum stress level for training

You will work with your personal trainer to do an assessment of your current physical state. Then realistic training goals are clearly defined and an individual training programme is designed for you.



For whom is personal training intended, for example?

- › Those who need some variety in their training routine
- › People whose training progress has stagnated
- › Those who wish to prepare for an event requiring special athletic performance
- › People with motivation problems
- › Everyone fighting against those problem areas

Prices	30 minutes	60 minutes
› 1 training session	CHF 40.–	CHF 80.–
› 3-session subscription	CHF 114.–	CHF 228.–
› 10-session subscription	CHF 360.–	CHF 720.–

All appointments which have been scheduled are binding and must be cancelled within 24 hours at the latest if you are unable to attend or a charge will be made for the session.

Registration

You can register at any time at the training counter, at the reception area of Fitnesspark Heuwaage or directly with the trainer of your choice.

The personal training appointments are paid prior to the first training session appointment. The entire amount for all training sessions is charged then.