

## One-Year Passes

**Included in the price:** Advice and individual training plan, incl. smart training, a fitness check and an introduction to SensoPro or EGYM, if desired. A maximum of four additional consultation sessions and training plan adjustments as well as on-site training support.

**Important security advice:** Identification (official ID with photo) is required to purchase subscriptions and single entries.

<p><b>One-Year Pass Swiss Fit</b> <b>CHF 1400</b> Monthly payment CHF 123 (1476/year)</p> <p>Strength &amp; endurance training, group fitness, sauna area, bathing world*</p> <p><b>EGYM+Smart Strength and Smart Flex*</b> childcare* Fitnesspark@home online training</p> <p><b>Incl. group fitness</b></p> <p><b>Valid for</b> Swiss Fit network: 16 Fitnessparks, all ACTIV FITNESS studios and aquabasilea water world</p>	<p><b>One-Year Pass Fit</b> <b>CHF 1270</b> Monthly payment CHF 112 (1344/year)</p> <p>Strength &amp; endurance training, sauna area, bathing world*</p> <p><b>EGYM Smart Strength and Smart Flex*</b> childcare* Fitnesspark@home online training</p> <p><b>Excl. group fitness</b></p> <p><b>Valid for</b> Fit network: 16 Fitnessparks</p>
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One-off chip bracelet purchase: **CHF 10** | Monthly fees: One-off administration fee: **CHF 70**  
Advance payment: **CHF 100 loyalty premium** for seamless renewal from the following year  
**Qualitop-recognised:** Consult your health insurer about **subsidies for your one-year pass**

<p><b>Single Entry</b> <b>CHF 39</b></p> <p>Strength &amp; endurance training, group fitness, sauna area, bathing world*</p> <p><b>excl.</b> training plan / introduction (EGYM Smart Strength/Smart Flex training programme and instruction), childcare</p> <p><b>Incl. group fitness</b></p> <p><b>Valid for</b> respective Fitnesspark If you purchase a one-year pass within 7 days, the CHF 39 will be refunded to your membership account</p>	<p><b>10-visit Subscription</b> <b>CHF 355</b></p> <p>Strength &amp; endurance training, group fitness, sauna area, bathing world*</p> <p><b>Valid for 3 years</b> Personal, non-transferable</p> <p><b>excl.</b> training plan / introduction (EGYM Smart Strength / Smart Flex training programme and instruction), childcare, Fitnesspark@home</p> <p><b>Incl. group fitness</b></p> <p><b>Valid for</b> Swiss Fit network: 16 Fitnessparks, all ACTIV FITNESS studios, <b>excl.</b> aquabasilea water world</p>	<p><b>One-month Pass</b> <b>CHF 210</b></p> <p>Strength &amp; endurance training, group fitness, sauna area, bathing world*</p> <p>Childcare*</p> <p><b>excl.</b> training plan / introduction (EGYM Smart Strength / Smart Flex training programme and instruction), Fitnesspark@home</p> <p><b>Incl. group fitness</b></p> <p><b>Valid for</b> Swiss Fit network: 16 Fitnessparks, all ACTIV FITNESS studios, aquabasilea water world</p>
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## Support · Massages · Private SPA

<p> <b>Trial Training Session</b></p> <p>Guided by a fitness adviser, try out different equipment and learn more about our extensive training options.</p> <p>Reservation: <a href="https://fitnesspark.ch">fitnesspark.ch</a></p> <p><b>CHF 39</b></p> <p><b>Incl.</b> admission, wellness area and group fitness</p> <p>If you purchase a one-year pass within 7 days, the CHF 39 will be refunded to your membership account</p>	<p> <b>Workout Plan &amp; Consultation</b></p> <p>Advice and individual workout plans, incl. smart training, fitness check and introduction to SensoPro or EGYM if desired.</p> <p>60 min. <b>CHF 130</b> excl. entry</p> <p><b>For members:</b> Up to five consultation sessions and workout plan adjustments per year included</p> <p><b>Body fat measurement: CHF 5</b></p>	<p> <b>Personal Training*</b></p> <p><b>Personal training one-on-one sessions</b> excl. entry</p> <p><b>Session</b> 30 mins. <b>CHF 70</b> 60 mins. <b>CHF 130</b></p> <p><b>10 sessions</b> 30 mins. <b>CHF 630</b> 60 mins. <b>CHF 1170</b></p>
<p> <b>DaySpa</b></p> <p><b>Basic DaySpa</b> Single entry, bathrobe and sauna towel available for hire</p> <p><b>CHF 46</b></p> <p><b>Classic DaySpa*</b> Basic DaySpa and 60 min. massage</p> <p><b>CHF 131</b></p>	<p> <b>Beauty light/Solarium*</b></p> <p>Beauty light 100% collagen without UV with 30% UV with 70% UV</p> <p>Or classic solarium</p> <p><b>CHF 1.30</b> per minute</p>	<p> <b>Childcare*</b></p> <p>Age: from 3 months to 9 years. Special opening hours: Ask at reception.</p> <p>For children of members with a one-year pass <b>FREE OF CHARGE</b></p> <p><b>CHF 10</b> per child with single entry or 10-visit subscription</p>
<p> <b>Classic Massages*</b></p> <p><b>Individual treatments</b> 30/60/90 mins. Also available as <b>10 sessions</b></p> <p>Classic/sports massage, trigger-point treatment, foot reflexology massage, connective tissue massage, manual lymphatic drainage</p> <p><b>Prices depending on location</b> <a href="https://fitnesspark.ch">fitnesspark.ch</a> → Menu → Services → Massage</p> <p>Supplementary insurance will cover some of the costs of Classic massages</p>	<p> <b>Wellness massages*</b></p> <p><b>Individual treatment</b> 30 mins. <b>CHF 60</b> 60 mins. <b>CHF 110</b> 90 mins. <b>CHF 155</b></p> <p><b>10 sessions</b> 30 mins. <b>CHF 540</b> 60 mins. <b>CHF 990</b> 90 mins. <b>CHF 1395</b></p> <p><b>Ayurveda Abhyanga full body</b> (National Lucerne only) 120 mins. <b>CHF 190</b></p>	<p> <b>Private spa</b></p> <p>For exclusive hire: whirlpool, sauna/sanarium®, steam bath/rhassoul, special showers, relaxation lounge etc.</p> <p><b>Glattpark</b> 1-4 people</p> <p><b>Winterthur</b> 2 people</p> <p><b>Information, prices and booking:</b> → <a href="https://fitnesspark.ch/glattpark">fitnesspark.ch/glattpark</a> → <a href="https://fitnesspark.ch/winterthur">fitnesspark.ch/winterthur</a></p>

\* Not available at all Fitnessparks | **Further information and reservations** at [fitnesspark.ch](https://fitnesspark.ch) → Menu → Services  
**Combination offer for non-members** with appointment for classic or wellness massage, personal training etc: **single entry combination CHF 21** | **Massage and personal training sessions:** If you are unable to attend, please cancel at least 24 hours in advance, otherwise the fee will be charged to you. | **Gift vouchers:** at reception and on the online shop of your Fitnesspark

\* Where available | All prices incl. VAT | All offers: **excl.** chargeable additional services | Admission from 15th birthday

# 16 Fitnessparks incl. in subscription, 16 times more variety

	Aargau Trafo	Basel Heuhaage	Bern Bern City	Bern Time-Out	Bern Oberhofen	Lucerne Allmend	Lucerne National	Zug Eichstätte	Zürich Glattpark	Zürich Milandia	Zürich Pulse 5	Zürich Regensdorf	Zürich Sinicity	Zürich Stadelhofen	Zürich Stockerhof	Zürich Winterthur
Strength and endurance equipment/free weights	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
EGYM Smart Strength Circle + stand-alone devices in open mode	✓	✓+✓	✓	✓	✓	✓	✓	✓	✓+✓	✓	✓+✓	✓+✓	✓	✓+✓	✓+✓	✓
EGYM Smart Flex Circle									✓	✓	✓	✓	✓	✓		✓
SensoPro coordination training	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Functional zone/TRX®	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vibration training						✓	✓	✓								
Comprehensive range of group fitness classes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Aqua-fitness classes	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓			✓	✓
Advice/workout plan/fitness testing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Personal Training (additional chargeable service)	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pilates studio/reformer (additional chargeable service)						✓										
Brine bath				✓				✓							✓	✓
Jacuzzi/whirlpool/jacuzzi loungers		✓		✓	✓		✓	✓	✓	✓	✓	✓			✓	✓
Relaxation pool (R) / sports pool (S)	R/S	R		R	R/S		R	R	R	R	R	R/S			E	E
Heated outdoor pool							✓			✓		✓				
Nature pool during the summer months										✓						
Sunbathing lawn/roof terrace/outdoor terrace				✓	✓		✓		✓	✓		✓				
Mixed sauna area	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sauna area exclusively for women/men	♀	♀	♀	♀	♀/♂	♀	♀/♂	♀	♀	♀	♀	♀	♀	♀	♀	♀/♂
Infusion sauna (automatic infusion/infusion ceremony)	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dry sauna / Finnish sauna	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓		✓	✓
Sanarium®/Bio sauna	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salt lounge/salt sauna						✓	✓						✓			
Mountain herb sauna		✓	✓				♀									
Infrared sauna		✓					♂									
Eucalyptus/aroma steam bath	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Textile steam bath in the bathing area												✓				
Cold water plunge pool (C) /mist showers (M) /snow, ice (❄)		C		C	C	C/❄	C/❄	C	M		C	C		C	C	C/M
Kneipp path/Kneipp bath	✓	✓		✓	✓	✓				✓	✓					✓
Rest areas	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Massages	✓	✓		✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓
Beauty light/solarium	✓	✓		♀	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓
Bistro/take-away/drinks bar	✓	✓		✓	✓		✓	✓		✓		✓			✓	✓
Range of drinks and energy bars	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Childcare (included in one-year pass)	✓	✓		✓	✓		✓		✓	✓		✓				✓
Private SPA for exclusive hire									✓							✓
Parking (chargeable/*free)	✓	✓		✓*	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓