



## Price List

### **Personal Training - INDIVIDUAL TRAINING**

Individual	79€/h
Subscription x5	77€/h, valid 3 months
Subscription x10	75€/h, valid 6 months

### **GROUP TRAINING + PILATES**

Training 1x per week: Subscription x10 for 170€, valid for 12 weeks

Training 2x per week: Subscription x10 for 170€, valid for 8 weeks

Trial Training free of charge

### **Nordic Walking**

Nordic Walking - individual learning or re-fresh

1 x 60min, 79€

2 x 60min, 149€

3 x 60min, 219€

Nordic Walking in a group: 15€/h

### **YOGA Walking**

Upon request

### **JOGGING**

Upon request

### **Nutrition Coaching**

Coaching: 79€/h

Individual Weight Reduction package: 365€ (2hr Coaching, 3hr Sport)



## Body Balance Massages

BACK MASSAGE, 30min	32€
BACK MASSAGE WITH HOT STONE, 30min	39€
HEAD & FACE MASSAGE, 30min	32€
BACK & HEAD MASSAGE, 40min	42€
BACK & HEAD MASSAGE WITH HOT STONE, 40min	49€
FOOT REFLEXOLOGY MASSAGE, 40min	42€
TOTAL BODY MASSAGE, 60min	65€
TOTAL BODY MASSAGE, 75min	79€
WHITE CHOCOLATE MASSAGE, 60min	69€
HOT STONE MASSAGE, 65min	79€
GARSHAN, 40min	42€
TIBETAN HONEY MASSAGE, 90min	109€
<b>BODY PEELING</b>	
<i>with back massage, 60min</i>	79€
<i>with total body massage, 90min</i>	109€
<b>BODY &amp; SOUL BODY TREATMENT</b>	
<i>with back massage, 90min</i>	109€
<i>with total body massage, 120min</i>	139€