

# MENÜKARTE

| GROUP TRAINING (GT) |        |  | OPENGYM (OG) | GT + OG | PERSONAL TRAINING (PT) |        | PT SMALL GROUP <small>2-4 Personen</small> |
|---------------------|--------|--|--------------|---------|------------------------|--------|--------------------------------------------|
| Drop in             | 30.-   |  | 30.-         |         | 1x                     | 160.-  | 190.-                                      |
| 6x                  | 170.-  |  |              |         | 6x                     | 900.-  | 990.-                                      |
| 12x                 | 300.-  |  |              |         | 12x                    | 1700.- | 1900.-                                     |
| 24x                 | 550.-  |  |              |         | 18x                    | 2500.- |                                            |
| 1 Monat             | 150.-  |  | 100.-        | 200.-   | 24x                    | 3200.- |                                            |
| 3 Monate            | 400.-  |  |              |         | 48x                    | 6300.- |                                            |
| 6 Monate            | 700.-  |  | 450.-        | 900.-   |                        |        |                                            |
| 12 Monate           | 1100.- |  | 800.-        | 1500.-  |                        |        |                                            |

## FITNESS PACKAGE

|                                                                              |       |
|------------------------------------------------------------------------------|-------|
| Fitnesssprechstunde <small>30 Min</small>                                    | 79.-  |
| Bedarfsabklärung inkl. Trainingsplan<br>Beratung / Einführung / Total 75 Min | 190.- |

## PHYSIOTHERAPIE UT x Applied Health Care

|                                                                         |       |
|-------------------------------------------------------------------------|-------|
| Medical Personal Training <small>60min</small>                          | 160.- |
| Medical Personal Training Package<br>4 Std + 8 Wochen Trainingsprogramm | 499.- |

## BODYCHECK

| Einzelangebote                 |      | Total package |       |
|--------------------------------|------|---------------|-------|
| 3D FOTO                        | 29.- | 1 Termin      | 119.- |
| Körperanalyse                  | 39.- | 2 Termine     | 199.- |
| Beratung <small>30 Min</small> | 79.- | 4 Termine     | 375.- |

## ATHLETE PACKAGE

Pro Monat / 4 Wochen

|                                                                                                                                                     |        |       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------|
| Assessment & Testing Geführte<br>Trainingssessions<br>Individuelle Trainingsplanung<br>Mobility<br>Periodisierung (Open Gym inkl.)<br>Re-Assessment | 1-2 TP | 330.- |
|                                                                                                                                                     | 3-4 TP | 390.- |
|                                                                                                                                                     | 5-6 TP | 450.- |

## UNIK KIDS ABO 6-13 Jahre

|         |       |
|---------|-------|
| Drop in | 15.-  |
| 6x      | 85.-  |
| 12x     | 155.- |

RABATT

BIMANO 20% auf Folgendes abo : GT / OG / GT+OG

STUDENTEN : 10%