



YOUR PERSONAL TRAINING: LUXURY GYM, MASSAGE, PHYSIO, LAB, LIFESTYLE COACHING & MUCH MORE

PERSONALWORKOUT PRICING 2025

GET
STARTED!





PERSONAL TRAINING
PERSONAL TRAINING P.3-4



NUTRITION
NUTRITION PLAN P.5



NUTRITION
HEALTHY MEALS & SNACKS P.5




PERSONAL TRAINING
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HOME & GYM PLANS P. 9



REMOTE / TECHNOLOGY
PW APP ACCESS P. 9

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PERSONALWORKOUT OFFER

With us, you'll achieve your fitness goals because we take a holistic approach, offering everything in one place: training, massage, physio, and nutrition counseling. Plus, every client benefits from:

- ✓ An experienced team
- ✓ A free initial consultation
- ✓ Individualized training plans
- ✓ Training towel, shower towel, complimentary shower gel & shampoo at every session
- ✓ Free chilled water bottles & fruit
- ✓ Post-workout shake
- ✓ Free training and nutrition guides, and more
- ✓ Free parking

PICK YOUR OFFER!



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PERSONAL TRAINING




INCLUDED
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INCLUDED
PW APP ACCESS


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PERSONAL TRAINING OFFER

90 DAY CHALLENGE

The 90-Day Challenge is a Personal Training package created by us. It includes everything needed for a success guarantee. These are the included services:

- ✓ Initial consultation, including status and goal assessment
- ✓ Detailed written anamnesis
- ✓ 24/7 personal support & companionship
- ✓ Access to the PW app, including nutrition counseling
- ✓ Skinfold measurements & 3D scans
- ✓ Home & travel plans, along with guides featuring over 75 tips on training, sleep, nutrition, lifestyle, stress, pain, digestion, detox, and jet lag
- ✓ Access to the PW specialist network & emergency appointments for only 50 CHF additional fees
- ✓ Success guarantee



INCLUDED
FUNCT. ASSESSMENT & MEASUREMENTS

P. 10



INCLUDED
PW-NETWORK AND VIP SLOTS

P. 9



INCLUDED
GUIDES & SUPPORT

P. 9

CHF 1'000.-

->> FOR THE 90-DAY CHALLENGE, YOU'LL ALSO NEED TO BOOK THE MATCHING TRAINING PACKAGE.

YOU DECIDE HOW MUCH SUPPORT YOU NEED.



SUPPORT LIGHT	SUPPORT BASIC	SUPPORT INTENSE	SUPPORT PREMIUM
<ul style="list-style-type: none"> ✓ 4 Personal Trainings ✓ Once every 3-6 weeks 	<ul style="list-style-type: none"> ✓ 12 Personal Trainings ✓ Once a week 	<ul style="list-style-type: none"> ✓ 24 Personal Trainings ✓ Two times a week 	<ul style="list-style-type: none"> ✓ 36 Personal Trainings ✓ Three times a week
+ CHF 999.-	+ CHF 2'100.-	+ CHF 3'990.- ^{-5%}	+ CHF 5'670.- ^{-10%}

THE TRAINING PACKAGES CAN ALSO BE PURCHASED AS "TRAINING ONLY" PACKAGES, WITHOUT THE 90-DAY CHALLENGE.

LEARN MORE ABOUT THE PACKAGES ON THE NEXT PAGE. >>

TRAINING-PACKAGES / SUPPORT INTENSITY, ADD-ONS & UPGRADES

	LIGHT	BASIC	INTENSE	PREMIUM
Number of Weekly Training Sessions	✓ Once every 3-6 weeks	✓ Once per week	✓ Twice per week	✓ Three times per week
Total Number of Training Sessions	✓ 4 Personal Trainings	✓ 12 Personal Trainings	✓ 24 Personal Trainings	✓ 36 Personal Trainings
Price	CHF 999.-	CHF 2'100.-	CHF 3'990.- <i>-5%</i>	CHF 5'670.- <i>-10%</i>
+ ADD ONS				
Add Partner / Friend	Not possible	+ 40%	+ 40%	+ 40%
Semi PT 1x / week	+ CHF 999.-	+ CHF 700.-	+ CHF 700.-	Not necessary
Semi PT 2x / week	+ CHF 1499.-	+ CHF 1'050.-	Not necessary	Not necessary
Senior Coach	+ CHF 100.-	+ CHF 300.-	+ CHF 600.-	+ CHF 900.-
Train Alone	+ CHF 19.-	+ CHF 9.-	Free	Free

RECOMMENDED!

Which intensity you should choose depends on **how independently** you can or want to **conduct your training**.

If you **only want to come every 3-6 weeks** because you don't live nearby, already know how to perform the exercises, and have the discipline to train on your own, we recommend the **LIGHT** Package.

The less confident you feel about staying on track independently, the more sessions you should book with us and choose a **higher level of support intensity**.

A variety of add-ons and upgrades are available for the packages, depending on your needs.

If you're unsure, simply schedule a **free consultation**. Our **experienced trainers will be happy to assist you!**

The training packages can also be booked as **Training Only** Packages without the 90-Day Challenge.

However, the 90-Day Challenge is only available with a training package.

[Learn more](#) >

-> TRAIN IN OUR
PRIVATE GYM!



NUTRITION- PLAN

Light
CHF 199.-

- ✓ Goal-oriented calorie calculation and macro distribution

Max
CHF 499.-

- ✓ Individual meal plan with calorie count and personalized macro distribution
- ✓ Based on individual preferences



HEALTHY MENUS & SNACKS

Healthy meals

- ✓ Small: 10.- to 17.50 CHF
- ✓ Medium: 10.- to 20.- CHF
- ✓ Large: 15.- to 25.- CHF

NEW!

Protein Bars
CHF 4.90

- ✓ Chocolate Protein Bar for all chocoholics
- ✓ Berry Protein Bar
- ✓ Apple-Cinnamon Protein Bar

NEW!

Cookbook
NEW!

- ✓ 18 healthy breakfast variations, sweet or savory
- ✓ 3 bread and 5 soup recipes
- ✓ 10 meat or fish dishes
- ✓ 5 veggie dishes and salads each
- ✓ 5 desserts

CHF 39.- PDF
CHF 59.- Book

[Buy online](#) >



ATHLETIC TRAINING

6 Months
CHF 1'000.-

- ✓ Training plan tailored to season phase & goal
- ✓ Access to the gym

12 Months
CHF 2'000.-

- ✓ Training plan tailored to season phase & goal
- ✓ Access to the gym



«YOU ARE AN ELITE ATHLETE AND WANT TO TAKE IT TO THE NEXT LEVEL, GET IN TOP SHAPE FOR A COMPETITION, OR GET RID OF YOUR PAIN?»

DO YOU WANT ACCESS TO A PREMIUM GYM AND TRAIN UNDISTURBED WITH THE BEST EQUIPMENT?»

[Book online](#) >



SEMI PRIVATE

Semi PT 1 (3 mos.) ✓ 1x per week training
✓ Max. 3 people
✓ Valid for 3 months
CHF 999.-

Semi PT 2 (3 mos.) ✓ 2x per week training
✓ Max. 3 people
✓ Valid for 3 months
CHF 1'490.-

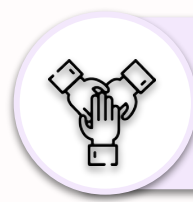
Semi PT 1 (6 mos.) ✓ 1x per week training
✓ Max. 3 people
✓ Valid for 6 months **NEW!**
CHF 1'799.-

Semi PT 2 (6 mos.) ✓ 2x per week training
✓ max. 3 people
✓ Valid for 6 months **NEW!**
CHF 2'849.-

Semi PT 1 (12 mos.) ✓ 1x per week training
✓ max. 3 people
✓ Valid for 12 months **NEW!**
CHF 3'370.-

Semi PT 2 (12 mos.) ✓ 2x per week training
✓ max. 3 people
✓ Valid for 12 months **NEW!**
CHF 5'400.-

«DO YOU WANT A MORE AFFORDABLE SOLUTION THAN PERSONAL TRAINING BUT STILL HAVE AN INDIVIDUALIZED TRAINING PLAN, A FITNESS COACH WHO ENSURES PROPER EXERCISE EXECUTION, AND TRAIN WITH THE BEST EQUIPMENT?»



GROUP TRAINING



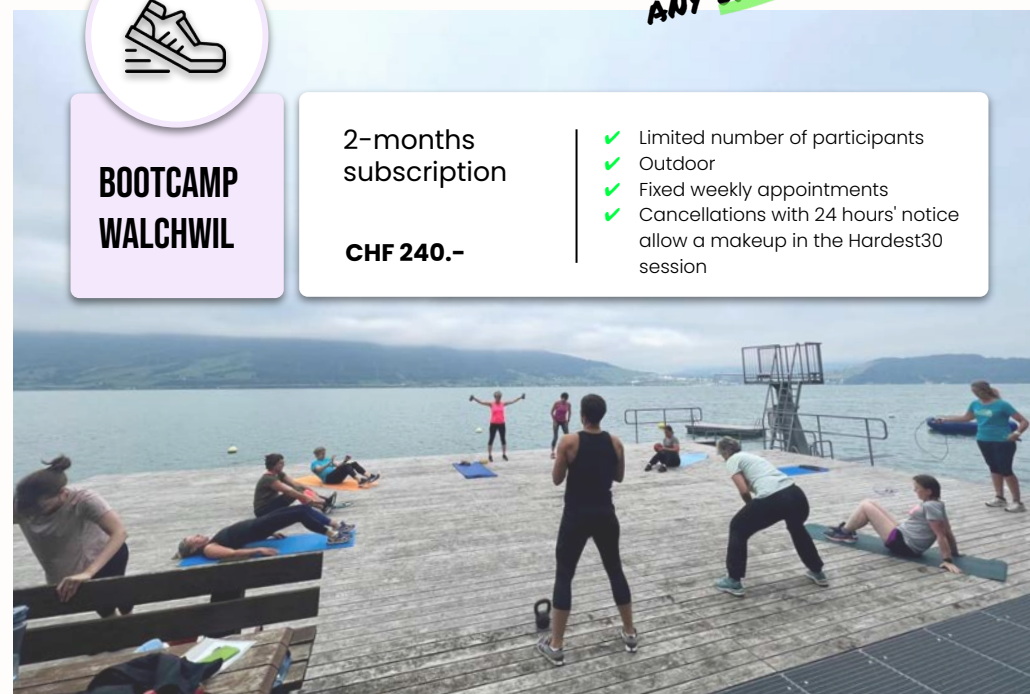
BOOTCAMP WALCHWIL

2-months subscription

CHF 240.-

- ✓ Limited number of participants
- ✓ Outdoor
- ✓ Fixed weekly appointments
- ✓ Cancellations with 24 hours' notice allow a makeup in the Hardest30 session

-> TRAIN OUTDOORS IN ANY WEATHER!



«BOOTCAMPS IN THE SENSE OF FITNESS TRAINING HAVE NOTHING TO DO WITH THE ORIGINAL DRILL METHODS OF THE AMERICAN MILITARY.

INSTEAD, THE TERM HAS BECOME ESTABLISHED AS A NAME FOR A VARIED, FUNCTIONAL TRAINING APPROACH.»

-> THE MOST EFFECTIVE TRAINING IN 30 MINUTES



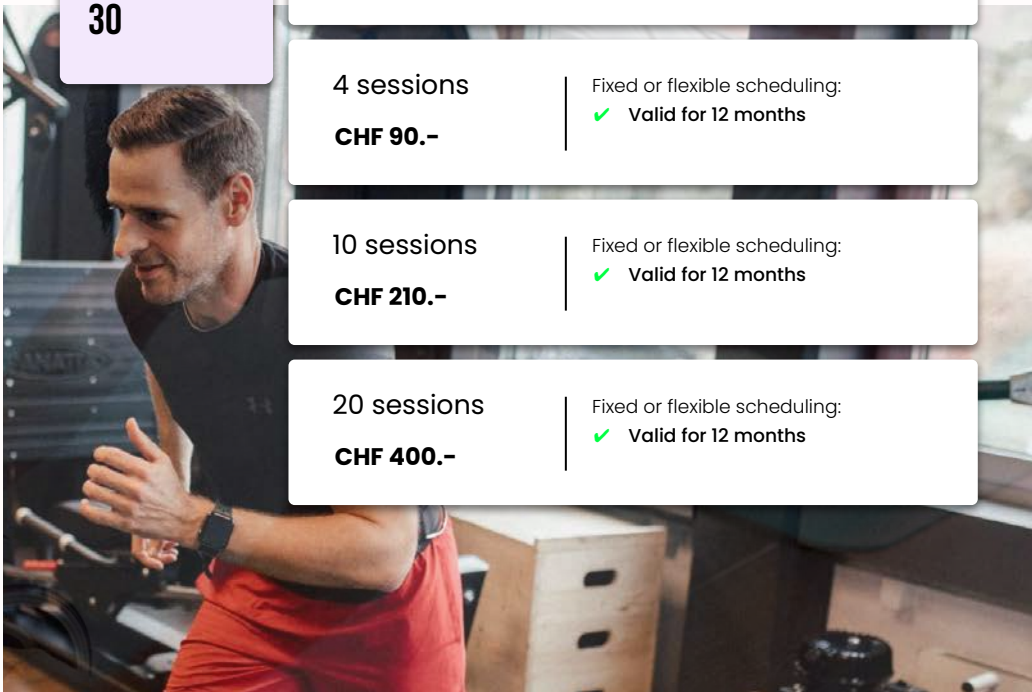
HARDEST 30

Single session | Fixed or flexible scheduling:
CHF 25.- | ✓ Valid for 12 months

4 sessions | Fixed or flexible scheduling:
CHF 90.- | ✓ Valid for 12 months

10 sessions | Fixed or flexible scheduling:
CHF 210.- | ✓ Valid for 12 months

20 sessions | Fixed or flexible scheduling:
CHF 400.- | ✓ Valid for 12 months

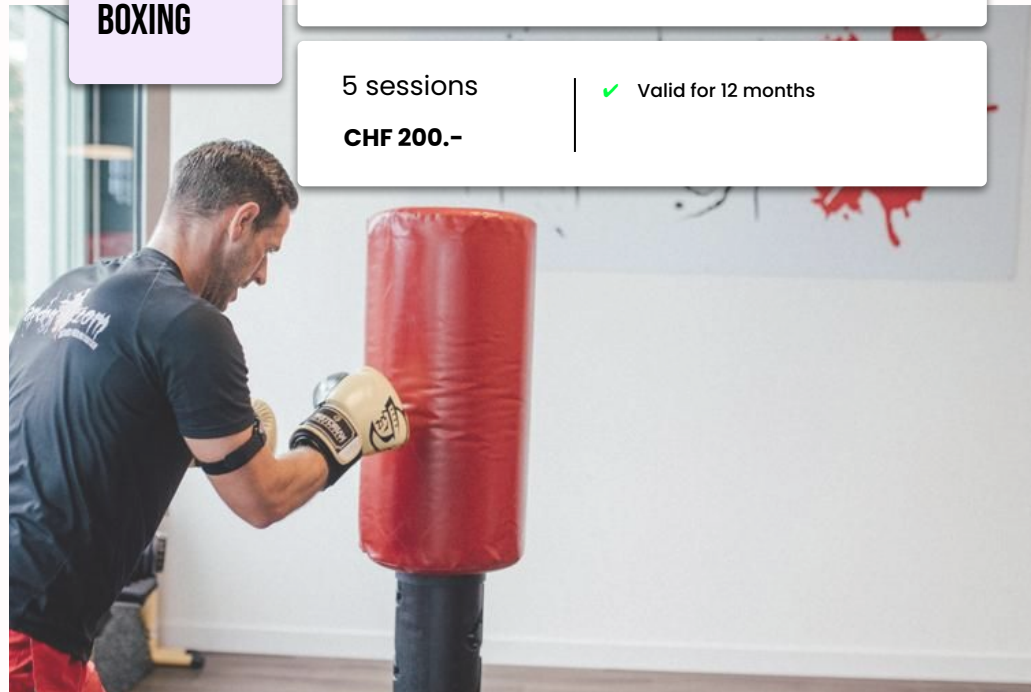


HIT BOXING

NEW!

Single session | ✓ Valid for 12 months
CHF 45.-

5 sessions | ✓ Valid for 12 months
CHF 200.-

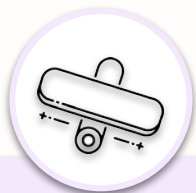


«HARDEST30 IS A FULL-BODY CIRCUIT WORKOUT, OFFERING THE MOST EFFECTIVE 30 MINUTES OF HIIT TRAINING YOU CAN IMAGINE!

DEVELOPED BY PERSONALWORKOUT FOUNDER MARC, THIS TRAINING CONCEPT DELIVERS THE FASTEST RESULTS IN STRENGTH GAINS AND BODY SHAPING.»

«IN HIT BOXING, FITNESS IS THE FOCUS. BOXING IS MEANT TO BE FUN, WITH TECHNICAL INPUTS KEPT TO THE ESSENTIALS.

IN SMALL GROUPS, YOU'LL SWEAT, TRAIN YOUR CARDIOVASCULAR SYSTEM, AND BURN CALORIES.»



SYPOBA

Single session

CHF 30.-

- ✓ Valid for 1 month
- ✓ Max. 10 people

10 sessions

CHF 290.-

- ✓ Valid for 12 months
- ✓ Max. 10 people

Once per week

CHF 375.-

- ✓ 13 sessions, valid for 13 weeks
- ✓ Max. 10 people
- ✓ Cancellations with 24 hours' notice allow a makeup in the Hardest30 session



POWER YOGA ZUG

Single session

CHF 30.-

- ✓ A different focus every week
- ✓ Asanas tailored to your level
- ✓ Max. 10 people

10 sessions

CHF 290.-

- ✓ A different focus every week
- ✓ Asanas tailored to your level
- ✓ Max. 10 people

POWER YOGA WALCHWIL

2-months
subscription

CHF 240.- **NEW!**

- ✓ A different focus every week
- ✓ Asanas tailored to your level
- ✓ Max. 10 people


«SYPOBA IS A HEALTH-FOCUSED FULL-BODY WORKOUT WITH A HIGH FUN FACTOR!

STRENGTH, ENDURANCE, AND COORDINATION ARE PERFECTLY TRAINED. IMPROVE YOUR MOTOR SKILLS, ENHANCE YOUR SENSE OF BALANCE, AND ACTIVATE FAT BURNING IN A PLAYFUL WAY.»


«WITH FLUID AND ISOLATED MOVEMENTS, YOUR ENTIRE BODY IS STRENGTHENED. YOUR FLEXIBILITY, BREATHING TECHNIQUE, AND BALANCE WILL IMPROVE AS A RESULT.

YOGA IS THE PERFECT BALANCE TO EVERYDAY LIFE AND A GREAT COMPLEMENT TO OTHER SPORTS!»

[Book online](#) >



REMOTE / TECHNOLOGY



HOME & GYM PLANS

Per plan
CHF 100.-

- ✓ Digital and/or printed.
- ✓ Customized to fitness level, available equipment, time, etc.

APP ACCESS

Access per month
CHF 10.-

- ✓ Nutrition tracking feature
- ✓ With calorie count & macronutrient distribution
- ✓ Weight monitoring
- ✓ Complete home plans & workouts from the database



SPECIALS & NETWORK



PW NETWORK

PW-Network
NEW!

CHF 50.- For regular dates

CHF 100.- For emergency dates

- ✓ **Access to a network** of various experts from different fields, such as osteopaths, doctors, physiotherapists, psychologists, mental coaches, lawyers, real estate agents, accountants, headhunters, insurance agents, craftsmen, and more.
- ✓ **Regular appointments** have a waiting time of 7 days or more.



FITNESS TRIP

Fitness trips with various destinations
Current offer >

- ✓ 3-7 days in a single or double room in an exclusive villa or boutique hotel
- ✓ Rich breakfast
- ✓ 2 workouts per day
- ✓ Including organized activities



SEMINARS, WORKSHOPS & LECTURES

Seminars, workshops & lectures

- ✓ The offer will be customized based on the desired topic.



RECOVERY & SPECIAL TOOLS



FUNCT. ASSESSMENT & MEASUREMENTS

Personal consultation
CHF 240.-

- ✓ To all specific topics
- ✓ 60 minutes, by phone or on-site

Functional Assessment
CHF 99.-

- ✓ Mobility & strength
- ✓ Identification of imbalances

Measurements

- ✓ DXA **CHF 120.-**
- ✓ 3D Scan **CHF 49.-**
- ✓ Skinfold measurement **CHF 49.-**



LAB & DIAGNOSTICS

Diagnostics / Lab

- ✓ 24h HRV Measurements **CHF 150.-**
- ✓ **Mini:** Blood count or food intolerance test light **CHF 250.-**
- ✓ **Midi:** Basic blood count or extensive food intolerance test **CHF 500.-**
- ✓ **Maxi:** Stool & hormone analysis, Organic Acid Test **CHF 750.-**
- ✓ **Ultra:** Blood count max **CHF 1'000.-**

[Read more](#) ➤



PHYSIO, MASSAGE, CRANIO-SACRAL THERAPY, AND MORE

Depending on the symptoms and issues, we use different therapy or massage techniques. These include, among others, fascia treatment, dry needling, trigger point and manual therapy, lymphatic drainage, postnatal recovery, or taping.

- ✓ Physiotherapy is covered by health insurance if prescribed by a doctor.
- ✓ Massage including EMR certification and reimbursement through supplementary insurance.

Offer	Number of sessions	Price
Massage & Passive Stretching as well as Physio & other therapy techniques All treatments are also available on a self-pay basis (without a prescription).	1 x 55 minutes	CHF 120.-
	5 x 55 minutes (CHF 60.- discount)	CHF 540.-
	10 x 55 minutes (1x free)	CHF 1'080.-
	1 x 25 minutes partial body	CHF 65.-
	5 x 25 minutes partial body (CHF 25.- discount)	CHF 300.-
	10 x 25 minutes (1x free)	CHF 585.-



BRING A FRIEND

You get on your next subscription (within the same category):

- ✓ 1 free training session if you bring us a new customer!