

General Terms & Conditions

All services of Pascal Bollmann AG are subject in their entirety to these conditions, unless they have been changed or supplemented by written agreement.

1. General terms

Service by Pascal Bollmann AG generally lasts one hour (55 minutes); in the case of a longer duration, a charge will be made on a percentage basis in 15-minute increments. For the sake of reliable planning, please request sessions at least one week in advance. Single sessions can be counted towards the subscription within the next two training sessions. Please arrive punctually, so that efficient and effective training in pursuit of your individual goals can be guaranteed (and because delays are taken from your time).

2. Prices and terms of payment

In the case of a subscription, the entire amount is to be transferred with a payment slip, or paid in cash, 10 days after commencement of the first training session. Other versions (e.g., single training sessions or lactate threshold tests) are paid in cash on the day of training. The listed prices are to be understood as exclusive of VAT and expenses (gasoline / travel time), though travel time is not charged. Also not included in the price is rent for local facilities (gymnasiums, fitness centres, indoor pools, sports complexes, etc.). So that no costs accrue to you, and to avoid use of the so-called session cards, I ask that cancellations for Pascal Bollmann AG training sessions be made no later than 36 hours before the appointed time (exception: illness and accidents).

3. Health questionnaire

The health questionnaire with your health information and your goals must be filled in its entirety out at the very beginning. This is mandatory for the protection of Pascal Bollmann AG.

The more personal information I have from you, the more individualized, efficient and effective the training can be designed to be. As a personal trainer and kinesitherapist (NVS A-Member) I engage myself to maintain professional confidentiality.

4. Insurance

Insurance is the responsibility of the participant.

5. Signing of the agreement

This agreement becomes legally binding when marked with a cross and signed by both parties. The General Terms & Conditions of Pascal Bollmann AG are acknowledged thereby.

6. Explanation of the session card

If a Pascal Bollmann AG training session is not cancelled in time, a session card is used up. If session cards are not used in this way, they can be used for an additional PT session. But you may also, for example, give a session card to an interested party of your acquaintance.

7. Lactate test process, inclusive of Tanita body fat analysis

On a bicycle ergometer or a treadmill

Measurement of the intensity of the resting lactate value until the anaerobic threshold is reached (4 mmol/l) includes cost of materials, consultation and written evaluation

Duration: 60 minutes

8. Explanation of the half-day/daily all-inclusive

Personal training (strength / endurance training, hiking, biking) with in-depth consultation or, for example, carving (snowboarding), skiing in combination with health and athletic advice or on a holiday sojourn, etc.

9. Bonus

For referring a new customer (subscription), you will be rewarded with a Pascal Bollmann AG credit voucher worth CHF 100.00 (you can also transfer the article voucher as a gift to another person, i.e.).

10. Gym Solutions as an additional service of Pascal Bollmann AG

For Gym Solutions whose terms and conditions apply. The Pascal Bollmann AG offers professional fitness room concepts for private individuals, companies and hotels. We are partners of the leading professional and home appliance manufacturers. Our offer also includes quality products ranging from fitness and home appliances, heart rate monitors, muscle stimulation, nutrition & health care products and body fat analyzers. As a personal training client, you benefit from special conditions, such as 15% discount on all Sponser products.

11. Miscellaneous

If you can no longer use a subscription (illness or accident), you may receive the service at a later time or transfer it to another person. No training sessions from a subscription will be refunded in cash.

12. Legal venue and applicable law

The legal venue Pascal Bollmann AG is its principal place of business. Swiss Law is applicable.