

THE TRAINER

~You gotta GIVE some to GET some~

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Current Fees (online)

(Date: 01/01/2023)

	Online Fees	Discount 10%	Final Fees
Introduction Bundle Personal Training	EUR (USD)	EUR (USD)	EUR (USD)
One-Time: First Anamnesis + 4 Individual Personal Training	245 (289)	25 (29)	220 (260)
One-Time: First Anamnesis + 4 Partner Training - 1:2	185 (218) per person	19 (22) per person	166 (196) per person
Subscription Packages Personal Training			
10 Personal Trainings (45 minutes each)	450 (531)	45 (53)	405 (478)
10 Partner Trainings - 1:2 (45 minutes each)	300 (354) per person	30 (35) per person	270 (319) per person
10 Group Trainings for 3 to 6 persons (45 minutes each)	250 (295) per person	25 (30) per person	225 (266) per person

Personal Training	Online Fees EUR (USD)	Quantity	Final Fees EUR (USD)
First Anamnesis (including body composition analysis, mobility test) (60 - 90 minutes)	65 (77)	1	65 (77)
Individual Personal Training (45 minutes)	45 (53)	1	45 (53)
Partner Training - 1:2 (45 minutes)	30 (35) per person	1	30 (35) per person
Group Training for 3 to 6 persons (45 minutes)	25 (30) per person	1	25 (30) per person
Nutritional Advice			
First Anamnesis (including body composition analysis, mobility test) (60 - 90 minutes)	80 (94)	1	80 (94)
Individual Nutritional Advice (60 minutes)	60 (71)	1	60 (71)
First Anamnesis: Combination Personal Training + Nutrition (60 - 90 minutes)	85 (100)	1	85 (100)