



PERSONAL TRAINING



PERSONAL TRAINING

Personalised advice

In our busy lifestyles, we often put our own needs last. We invite you to refocus on your own well-being. Our absolute conviction for needing to view the person as a whole helps us to help you (re)discover yourself.

Whether you want to improve your posture, regain muscle after an operation, free yourself from physical pain or need to take a time out, we will be at your side throughout your journey.

During a 10- to 15-minute introductory talk where we get to know each other, we collect all the information we need before starting training to address your needs and expectations and put together a training plan tailored specifically for you.

Personal training lesson: 50 minutes

Reservations at 033 748 04 30 or
welcome@ermitage.ch.

