



HOTEL
PRESIDENT
GENEVA

PERSONAL TRAINER

BESPOKE FITNESS AND WELL-BEING PROGRAM

ABOUT OUR COACH

Martina is a personal fitness trainer passionate about physical training and personal development. With her contagious energy and vast experience, she is an indispensable reference for all those who seek to improve their health and physical and mental condition.

CONTACT : spa@hotelpresident.ch - +41 (0) 22 906 61 32

BODYBUILDING

Bodypump
Interval Training
Crossfit

WELL-BEING

Yoga
Pilates

SOFT GYM

Stretching
Soft gym

CARDIO & WEIGHT LOSS

Circuit training
Fatkiller

AQUATRaining

Aquagym
Aquatoning

FULL PROGRAM

After/Before work
Fastworkout

TOTAL BODY TRAINING

Total body

TARGET FITNESS

TAB (Thigs, Abdominals,
Buttlocks)
Abdominals/Coretraining

DANCE

Zumba

PRICE LIST

- | | | | | | |
|------------------------------|------------------------------|---|--------|--|-------|
| • Private lesson | 1 h / 120.-
30 min / 80.- | • 1 month program | 70.- | • 1 h coaching
(Yoga/Pilates/Stretching + 10.-)
+ 1 h Sauna/Hammam
+ tonic massage | 320.- |
| • Yoga, Pilates & Stretching | 1h / 130.-
30 min / 90.- | • 5 + 1 Yoga, Pilates & Stretching
and program creation | 650.- | • 1 h coaching
(Yoga/Pilates/Stretching + 10.-)
+ pool access (week time)
+ detox drink | 150.- |
| • 30 min program creation | 50.- | • 10 lessons + 5 Sauna/Hammam
(on reservation) + program
creation | 1200.- | | |