

CERTIFIED COACH – NEUROTHERAPY STUDIANNT & PRATICIENER – BOOTFITTER – ULTRATRAILRUNNER



**JONE.B COACHING**

MOVE - BREATH - ENJOY

PT COACHING ACADEMY 2021 - CERTIFICATION EDUQUA, EREPS, SFGV, EUROPEAN STANDARDS EUROPE ACTIVE

À LA CARTE	_ 1H PT (Personnal Training) RUN	120.-CHF
	_ 1H PT GPT/SPT Global/Specific Physical Training Reinforcement, Stretching, Mobility, Circuit Training, ...	120.-CHF
	_ ½ DAY	400.-CHF
	_ 1 DAY (8H)	800.-CHF
	_ 1 INTENSIVE WEEKEND (practical + theory + advises)	1990.-CHF

**PLANS**      \_ **CUSTOM MADE & BASED ON YOUR GOALS (FIT, HEALTH, HIKE, MOVE, RACE, RUN, SCULPT, ...)**  
INCLUSIVE: GLOBAL & SPECIFIC TRAINING OF YOUR PHYSICAL QUALITIES  
OPTIONS: DURATION, FOLLOW-UP, PT SESSIONS,

FROM 50.- TO 5000.- CHF

**PACKAGES**      \_ **GETTING FIT & HEALTHY**  
INCLUSIVE: TEST, TRAINING PLAN, FUEL STRATEGY, FOLLOW-UP, PT SESSION

FROM 400.- CHF

\_ **BACK TO RUNNING**  
INCLUSIVE: TEST, TRAINING PLAN, FUEL STRATEGY, FOLLOW-UP, PT SESSION

FROM 400.- CHF

\_ **FROM "A" TO FINISH LINES**  
INCLUSIVE: TEST, TRAINING PLAN, FUEL STRATEGY, FOLLOW-UP, PT SESSION  
EQUIPMENT ADVICE,

FROM 600.- CHF

\_ **ULTRA 360 PACKAGE**  
INCLUSIVE: TEST, TRAINING PLAN, FUEL STRATEGY, FOLLOW-UP, PT SESSION  
EQUIPMENT ADVICE, PACING OR ASSISTING ON RACE DAY

FROM 3000.- CHF

\_ **CUSTOM PLAN/OPTIONS**  
Menu: Move, Fuel, Plan, Equipment, Pacing, Cross training,...

**CONTACT ME**

CONTACT : [JONE.B.COACHING@GMAIL.COM](mailto:JONE.B.COACHING@GMAIL.COM) - + 41 (0) 78 747 79 29 - + 33 (0) 698 485 155



*IND1 (Eye. Vestibular Reeducation & Training)*

*IND2 (Energy Pathways Rehabilitations)*

*IND MYONIC SYSTEM & SUPER THERAPIST*

*IND SENSORY MOTOR STIMULATION*

*IND DEEP FASCIAS*

**NEUR/POSTURO FEES**

_ NEURA PROCESS (FASCIA, PLANTAR, EYE & VESTIBULAR)	250.-CHF
_ PLANTAR REEDUCATION	100.-CHF
_ EYE & VESTIBULAR REEDUCATION	150.-CHF
_ FOLLOW-UP SESSION (½ H)	70.-CHF

*SIDAS ACADEMY ROOKIE, ADVANCED, EXPERT.*

*OFFICIAL TRAINER SIDAS ACADEMY.*

*MASTERFIT BOOTFITTING ACADEMY 2013, 2014, 2015, 2016.*

**BOOTFITTING/SHOEFITTING FEES (SKI-RUN-OUTDOOR-BIKE-FITNESS-...)**

_ ANALYSIS	from 80.-CHF
_ CUSTOM FOOTBEDS (1 <sup>st</sup> PAIR)	from 180.-CHF
_ SKIBOOT ADAPTATIONS	from 50.-CHF
Shell/Liner Mods & adaptations, footbeds, zeppa, tongue, boosters, lifters, ....	
_ HOURLY FEES	150.-CHF
_ DAILY FEES (Bootfitter freelance)	1000.-CHF