



## 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<br>Global/Specific Physical Training<br>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<br>EQUIPMENT ADVICE,                                 |  |                         |
|            |   |  | FROM 600.- CHF          |
|            | _ ULTRA 360 PACKAGE   |  |                         |
|            | INCLUSIVE: TEST, TRAINING PLAN, FUEL STRATEGY, FOLLOW-UP, PT SESSION<br>EQUIPMENT ADVICE, PACING OR ASSISTING ON RACE DAY |  |                         |
|            |   |  | FROM 3000.- CHF         |
|            | _ CUSTOM PLAN/OPTIONS   |  |                         |
|            | Menu: Move, Fuel, Plan, Equipment, Pacing, Cross training,...   |  |                         |
|            |   |  | CONTACT ME              |



*INP1 (Eye. Vestibular Reeducation & Training)*

*INP2 (Energy Pathways Rehabilitations)*

*INP MYONIC SYSTEM & SUPER THERAPIST*

*INP SENSORY MOTOR STIMULATION*

*INP DEEP FASCIAS*

#### NEUR/POSTURO FEES

|  |          |
|--|----------|
| _ NEUERA 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 |
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|                                     |           |
|-------------------------------------|-----------|
| _ DAILY FEES (Bootfitter freelance) | 1000.-CHF |
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