

## OUR TRAINING REGULATIONS

These regulations apply to all training sessions at **Pilates Bern GmbH**.

### ENTRY/TRIAL TRAINING

- > You can start our training sessions at any time—either by arrangement or by registering via **Eversports**.
- > Your health suitability has been (if necessary) clarified by a **doctor**.
- > Please arrive **10 minutes before your trial session** (excluding **ONLINE LIVE** sessions) so we can welcome you, have a short introduction, and start on time.
- > More details can be found on our website under **New to Pilates Bern?**

### BEGINNER TRAINING

- > This session **prepares you for our group classes**. We explain the basics and tailor the session to your goals.
- > The **beginner session costs CHF 90** and can be booked **once**.

### EVERSPORTS

- > With your **Eversports account**, you can **manage your training schedule**, register or cancel sessions, and track your **subscriptions, payments, and profile**.

### REGISTRATION & CANCELLATION

- > All training sessions **must be booked in advance via Eversports**.
- > Cancellations must be made at least
  - > **12 hours before** for regular classes
  - > **24 hours before** for workshops and personal training
  - > **48 hours before** for the **9-part postnatal course**
- > If a session is cancelled due to **low participation**, you will receive an **automatic email via Eversports** approximately **3 hours before**.

### SUBSCRIPTIONS & PRICES

- > All **subscription options and pricing** can be found on **Eversports**, on our website under **Prices**, and on the **price list available in the studio**.
- > Please note the **validity period** of your subscription. Extensions are only possible **with a medical certificate**.
- > **Subscriptions are non-transferable**.

### TRAINING FEES

- > Training fees must be paid **before the session** via: Credit card (via Eversports), eBanking, Payment slip or TWINT.
- > If you need an **invoice or receipt**, please contact us at **info@pilates-bern.ch**.

#### Payment Details

Migros Bank AG, 8010 Zurich  
IBAN **CH45 0840 1016 1286 5520 4**  
Pilates Bern GmbH, Hotelgasse 4, 3011 Bern  
VAT No. / UID: CHE-170.766.326 MWST

### HEALTH INSURANCE RECOGNITION

- > **Pilates Bern is QualiCert certified**. Please check with your **health insurance provider** to see if they cover part of the costs.
- > The required **forms are available in the studio**.

### SPECIAL CIRCUMSTANCES

- > In special cases (e.g., longer periods of absence due to unforeseen reasons), exceptions may be granted.

### INJURIES, MEDICAL CONDITIONS & PREGNANCY

- > Please **inform your trainer** before the session if you have any **injuries, medical concerns, or are pregnant**.

### LIABILITY

- > You train at **Pilates Bern at your own risk**.
- > **Pilates Bern GmbH and its staff** assume no liability for **theft, accidents, property damage, or personal belongings**.
- > **Participants are responsible for their own insurance coverage** and **cannot claim compensation**.

Effective from 1 January 2025