

# Info Sheet – Your First Pilates Session Stand 2.11.23

- Health Rules:** Please note that if you experience cold or flu symptoms such as sneezing and coughing, we kindly request that you refrain from visiting the studio. Thank you for your understanding. We prioritize hygiene and ask both customers and trainers to thoroughly wash and disinfect their hands before and after each training session to keep the equipment germ-free. All equipment is cleaned and disinfected after each use.
- Health Check:** Please complete the health questionnaire by [clicking here](#). You can either email it to your teacher in advance or bring the filled-out form and submit it before the lesson. Email addresses are on the next page.
- Rescheduling:** Changes or cancellations of appointments must be made at least 25 hours in advance directly through the Eversports app to avoid any billing.
- Reminders:** To ensure you don't miss your Pilates appointments, we recommend syncing your Pilates appointments in the Eversports app with your personal calendar and enabling reminders to arrive promptly.
- First Lesson Includes:** Training session (50-60 min) on the Pilates equipment or in a small group (Basic exercises) includes an assessment, setting goals and recommended Training plan. Explanation of the Pilates Method and Studio Concept / Offers.
- Clothing:** **Women:** tights or leggings; **Men:** knee-length sports pants without zippers  
**General for everyone:** Sport Shirt, Toe-Sox or Socks, water bottle, towel
- Trial Lesson Prices:** **50 CHF** 4 person group Reformer/Chair/Barrel, **30 CHF** Fascial Fitness, **120 CHF** for a Personal Training, **75 CHF p.P.** for a Duo Training
- Subscriptions:** 5 or 10 subscriptions for Personal-/Duo Training  
5, 10, 20, 40 subscriptions for small groups (4-5 persons)
- Payment Methods:** Cash, online with a credit card, via invoice with QR code, or through TWINT (PILATESWERKSTATT Christine Hüsler 076 323 97 79).
- Invoice:** For online payments, a receipt will be automatically sent. Otherwise, an invoice with a QR code will be emailed.
- Booking System:** The group class schedule, as well as all individual training appointments, can be viewed and managed directly by the customer in the Eversports App.
- Please log in, provide your personal information, and accept the Pilateswerkstatt's Terms and Conditions and Privacy Policy. Thank you.
- Download the Eversports App to your mobile phone:**  
Apple: [Click here](#)  
Google Play: [Click here](#)





**Pilates Studio:** Changing rooms, WC and shower (incl. bath towels) are available. Fresh water and a coffee machine are available. Pilates shop.

**Location Pilates Studio - PILATESWERKSTATT ZUG:**

<http://www.pilateswerkstatt.ch/Standort.htm> and click here for [the route planner](#)

**Parking facilities:**

Parking garages: Neustadt or Coop City or An der Aa

**Studio Entrance:**

The entrance to the Klausenhof commercial building is opposite the Neustadt retirement home (behind the reformed church and behind the music school) in Zug. The building and the benches outside the building are mostly pink. Our logo is on the windows.

**Door Bell:** Ring the bell at PILATESWERKSTATT - Christine Hüsler

After ringing the bell, go directly to the glass door and wait for the door opener and then walk down the stairs. To the left is the entrance to the Pilates Studio.

**Confirmation:**

Please confirm receiving this email so we know you have received all the information.

**Instructors:** Regula Nold, Mobile: +41 79 634 21 09, E-Mail: [regula@pilateswerkstatt.ch](mailto:regula@pilateswerkstatt.ch)

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We are looking forward to welcoming **YOU** soon in our studio.

Sincerely Christine Hüsler & the Pilateswerkstatt Team