

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 here?](#)

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 [Pricing](#), 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.

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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 instructor 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