



In-house gym at Binderstrasse 4

Tenants of Binderstrasse 4 have exclusive access to a modern in-house gym with high-quality equipment. The training area has a double-height ceiling, creating a spacious and distinctive workout environment. High-quality equipment and training solutions from brands including Technogym and Sidea provide a wide range of options for strength, endurance and functional training.

Access is provided through an annual subscription with Burst Personal Training, which manages and is responsible for the fitness offering.

Equipment

The gym provides space for independent training and equipment for a wide range of individual workout options:

- Barbells and dumbbells
- Kettlebells
- Cable machines
- Treadmill
- Rowing machine
- Exercise bike
- Gymnastic rings
- Battle Ropes
- Punching bag
- Various exercise bands, balls and rollers

A changing room with shower and toilet, water and workout towels are also available.

Use & Introduction

Before using the gym for the first time, you will receive a personal introduction from Burst Personal Training. On request, this also includes recommendations for individual training.

There are currently no restrictions on the times at which the gym may be used, subject to occupancy levels and the applicable quiet hours. To ensure a pleasant training atmosphere, simultaneous use is limited to a maximum of 2–3 people.

Independent use of the gym is reserved exclusively for tenants of Binderstrasse 4. This restriction does not apply to training sessions led by Burst Personal Training.

Annual subscription

CHF 1'000.– per year (excl. VAT)

for one person per apartment

+ CHF 250.– per year (excl. VAT)

for each additional person in the same household

The annual subscription runs for 12 months and can be cancelled annually.

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