



## BACK REHABILITATION\*

MONDAY 12h-13h

Through specific exercises your physiotherapist will guide you in strengthening and toning your deep muscles. Please feel free to discuss your requirements when booking the class for the first time.

**\*This course can be covered by your insurance with a prescription from your doctor.** +



## YIN YOGA

TUESDAY 18h-19h  
THURSDAY 7h30-8h30

Yin yoga is a gentle and slow practice of yoga. In our busy daily lives, where everything has to be done as quickly as possible, Yin Yoga invites us to slow down and take time. The postures are held for several minutes in order to stretch the body deeply. Concentration on the breath is at the heart of a Yin Yoga class and encourages you to be attentive to your body and its sensations in order to relax with full awareness.



## STRETCHING

MONDAY 18h-19h

Stretching is a class suitable for everyone who wants to maintain their muscular flexibility with slow and progressive movements.

Stretching can be focused on an isolated muscle or on a whole muscle chain. The various benefits allow for a relaxation of the whole body and an improvement of joint mobility. It provides injury prevention and an improved comfort of life.



## PHYSIOTHERAPY LA COLLINE NATIONS

La Colline Nations Physiotherapy Centre is our first centre on the right bank. This new state of the art centre now enables easy access to the expertise of our experienced staff for those living or working in the area. We offer treatments to suit all your needs including sports physiotherapy, trauma rehabilitation and orthopaedics. We are also a specialist centre for perineology, aimed at prevention and treatment of functional disorders of the abdomino-pelvic sphere during and post-pregnancy.



SPORT



TRAUMATOLOGY  
AND ORTHOPEDICS



PERINEOLOGY

### PHYSIOTHÉRAPIE LA COLLINE NATIONS

La Voie Creuse 16  
1202 Genève, 2ème étage

+41 22 512 03 20  
nations@physio-lacolline.ch

www.physiotherapie-lacolline.ch



ONLINE BOOKING

### OPENING HOURS

Monday to Friday from 07h30 to 19h00

### Follow us on our social media:

physio.colline.grangettes @PhysiotherapieCollineGrangettes  
 @PhysiotherapieCollineGrangettes Physiothérapie La Colline Genève



PHYSIOTHÉRAPIE  
LA COLLINE NATIONS

## GROUP CLASSES

Find out about our group classes  
- taught by **physiotherapists** and  
adapted to your rhythm.



In collaboration with:

**HIRSLANDEN**  
CLINIQUE LA COLLINE  
CLINIQUE DES GRANGETTES



## PILATES

### BEGINNER :

**TUESDAY** 7h30-8h30

**WEDNESDAY** 12h-13h

### INTERMEDIATE :

**THURSDAY** 18h-19h

Pilates is a method of training and strengthening the deep muscles, especially the abdominal and back muscles. It is based on essential principles such as breathing, concentration, coordination and the perception of the body in space.

Pilates also includes flexibility and mobility exercises to improve posture and balance. Our classes are supervised by a certified Pilates physiotherapist.



## CIRCUIT TRAINING

**WEDNESDAY** 18h-19h

**THURSDAY** 12h-13h

Designed for those who want to maintain and improve fitness, this class will push you to your limits. Using kettlebells, weights and elastics, you will train effectively whilst respecting your joints and the precision of the movements.

Our physiotherapists are able to adapt their programs to a wide variety of sports, and training sessions always include balance and proprioception exercises to lower your risk of injury.

## YOUR INSTRUCTORS:

Lucie

Mélinda



# GROUP CLASS SCHEDULE

Program subject to change during the year, please refer to the website for the latest updates.

Please note that **it is essential to book your session**, whether by phone, online, or in person, in order to participate (even with a subscription). Other classes are available in our different centres in Geneva. For more information, please visit our website: [www.physiotherapie-lacolline.ch](http://www.physiotherapie-lacolline.ch)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>PILATES</b> beginner 7h30-8h30		<b>YIN YOGA</b> 7h30-8h30	
<b>BACK REHABILITATION</b> 12h-13h +		<b>PILATES</b> beginner 12h-13h	<b>CIRCUIT TRAINING</b> 12h-13h	
<b>STRETCHING</b> 18h-19h	<b>YIN YOGA</b> 18h-19h	<b>CIRCUIT TRAINING</b> 18h-19h	<b>PILATES</b> intermediate 18h-19h	

+ This course can be covered by your insurance with a prescription from your doctor.

## PRICES

1 SESSION

35 CHF

10 SESSIONS PACK

300 CHF

Pack validity: 10 sessions - 6 months

## BOOKING



BOOK YOUR SESSION ON OUR WEBSITE

Or by phone: +41 22 512 03 20

Please note that **it is essential to book your session**, whether by phone, online, or in person. In the event of cancellation less than 24 hours in advance, the session will be counted, unless the person is unwell on the same day and informs the reception.

NEW

**30 SESSIONS**

**900CHF, valid 12 months**

+ resistance bands or gymnastics ball **for free !**



NEW

**50 SESSIONS**

**1500CHF, valid 18 months**

+ bolster yoga cushion or yoga mat **for free !**



Offer in collaboration with

**GladiatorFit**