

INVEST IN YOUR HEALTH

General information on the sports zone in Geneva

Access authorization

Access and use of the drying room, changing rooms, and showers are free of charge. Access to the Health Club is subject to paid membership and is punishable in the event of misuse.

Opening hours

The changing rooms, showers, and the fitness room are open for use during the following times:
Monday to Friday, from 05:00 to 24:00
Saturday and Sunday, from 09:00 to 19:00

Changing rooms

The changing room lockers for daily use on level 7 and -2 must be emptied by the end of the day.

Hygiene regulations

For reasons of hygiene, no clothing, laundry, or other personal items (bags, toiletry kits, shoes, etc.) may be left anywhere in the Health Club or outside the changing room lockers.

Health Services

Massage, nutritional advice etc.

All other health promotion offerings are available at <https://cs.indigofitness.ch> or on the intranet page of the Health Services Competence Center.

Drying room – level -2

You may use the clothes lines to dry your sportswear during the following hours:
Monday to Friday, from 05:00 to 22:00
After 22:00, items left behind will be placed in the collection containers in the drying room. These items will be disposed of if they are not collected by 17:00 the following Friday.

If you have any questions, please contact the Group Business Support Services hotline:
0800 800 400

HEALTH SERVICES CONTACTS:

INDIGO Health Services at Credit Suisse
cs@indigofitness.ch / Tel: 044 333 21 94
(available from 09:00 – 11:00 / 15:00 – 17:00)
<https://cs.indigofitness.ch>

Competence Center Health Services
sport.freizeit@credit-suisse.com
http://csintra.net/hr_ch_sport/de/index.html