Your clinician

Ter Aar: Jelle. Boskoop: Pooya. Ask about a trial session or support suited to your health.

Practical information

Fitness requires a membership and is not automatically covered as physiotherapy. CooL participants can access an adjusted GLI fitness membership. Ask about current terms.

Costs and insurance

Before subscribing, ask about current fees, duration, cancellation terms and supervised hours. Fitness membership differs from physiotherapy treatment and is not automatically paid for by health insurance.

Our locations

Ter Aar
Medisch Centrum Vosholplein
Vosholplein 1-4, 2461 AA Ter Aar
0172-603434
teraar@fysiotopfit.nl

Boskoop
Medisch Centrum Boomgaard
Boomgaard 215F, 2771 PD Boskoop
0172-212147
boskoop@fysiotopfit.nl

Nieuwkoop
Maarten Freeke Wije 2D, 2421 TP Nieuwkoop
0172-575595
nieuwkoop@fysiotopfit.nl

General enquiries
085-0514000
blijftopfit@fysiotopfit.nl

WhatsApp
06-57250687
(messages only, no calls)

Scan for opening hours

Download our apps

Fysio Topfit

Download on the App Store

Topfit met Toppie

GET IT ON Google Play

Free to download for iPhone and Android.

Fysio Fitness

at Fysio Topfit

Build strength, fitness and enjoyment of movement with a personal training plan. You do not need to be a patient. Fysio Fitness is available in Ter Aar and Boskoop.

Book an appointment

Scan the QR code or call 085-0514000. Tell us which treatment you would like to discuss.

More information: www.fysiotopfit.nl

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Getting started

You can arrange a free trial session without obligation. Complete the intake form and tell us about symptoms, medical conditions, medication and your goals.

The intake takes about 45 minutes. We discuss your health and choose suitable, safe fitness and strength tests. You then receive equipment instructions and a personal programme.



Training at your level

Your chip card stores equipment settings and training data. We review progress and adjust your programme as needed. Increase training gradually; more is not always better.

A professional is present during supervised hours. If you have a chronic condition, please train during these hours. Independent training outside these times is possible only if you can use the equipment safely without assistance.



Hours, fees and rules

Fitness hours differ from practice opening hours. Current fitness hours, memberships, rules and the intake form are on the downloads page of www.fysiotopfit.nl. The opening-hours QR code in this leaflet refers to the practice.

Bring sportswear, clean trainers, a towel and water. Stop for chest pain, fainting or severe breathlessness and seek appropriate medical help; call 112 for an acute severe emergency.

Before your appointment

Bring identification, insurance details and any referral or test results. Wear clothing that allows you to move comfortably. Let us know beforehand if you need support with language or communication.