

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT® XXL 45 MIN

Kursnummer: 193139

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| Ort:                  | Schulhaus Bläsi, Hallenbad  |
| Adresse:              | Müllheimerstrasse 94<br>4057 Basel  |
| Lerninhalt:           | <p><b>Aqua-Fit®</b> is jogging in deep water to music whilst wearing an air jacket, provided by the instructor, which supports the posture, absence of gravity and natural buoyancy.</p> <p><b>Aqua-Fit®</b> is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This <b>joint-friendly</b> sport is not only suited to athletic people but also for people who are unfit or overweight.</p> <p>The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.</p> <p>All our <b>Aqua-Fit®</b> courses are approved by „Qualitop“.</p> <p>Your <b>Aqua-Fit®</b> course will then automatically extend for a further period when the current class ends. If you wish to discontinue your classes you must adhere to the 4 week notification period before the 30th of June or the 31st of December. Otherwise you remain enrolled.</p> |
| Trainer:              | Barbara Weber und Anne Hersperger   |
| Kursniveau:           |   |
| Bemerkung:            |   |
| Kosten:               | 416.50 CHF  |
| detaillierte Termine: | <u>Lektionen: 17</u><br>Datum            Uhrzeiten<br>keine<br>Termine<br>vorhanden   |