

## BESCHREIBUNG KURSANGEBOT:

### AQUA-FIT®

Kursnummer: 223116

Ort:	Allschwil, Bahn 1 Adresse: Muesmattweg 6 4123 Allschwil
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:	Andrea Mäder und Annemarie Sigg
Kursniveau:	
Bemerkung:	
Kosten:	450.50 CHF
detaillierte Termine:	<p><u>Lektionen: 17</u></p> <p>Datum                      Uhrzeiten</p> <p>keine Termine vorhanden</p>