

BESCHREIBUNG KURSANGEBOT:

AQUA-CYCLING

Kursnummer: 242135

Ort:	AZ Dalbehof, Dalbehof Bahn 2
Adresse:	Kapellenstrasse 17 4052 Basel
Lerninhalt:	Aqua-Cycling connects the effectivity of classic cycling and the positive characteristics of water.

Advantages of the training:

- An active whole body training, irrespective of the fitness level
- A perfect workout after sport injuries and surgeries
- An optimal cardiovascular workout for everyone
- Firming effect for bums, tums and legs
- Exercise and fun, also for older people and non-swimmers
- A workout which is gentle on joints
- Fun and group dynamic with music

Once you have tried **Aqua-Cycling** you won't want to miss it. We guarantee a lot of fun and an effective workout.

Aqua-Cycling is offered in quarterly courses.

Trainer:	Christoph Fleischhacker	
Kursniveau:		
Bemerkung:		
Kosten:	291.50 CHF	
detaillierte	<u>Lektionen: 11</u>	
Termine:	Datum	Uhrzeiten
	02.05.2024	12:00 - 12:50

16.05.2024	12:00 - 12:50
23.05.2024	12:00 - 12:50
30.05.2024	12:00 - 12:50
06.06.2024	12:00 - 12:50
13.06.2024	12:00 - 12:50
20.06.2024	12:00 - 12:50
27.06.2024	12:00 - 12:50
