

## BESCHREIBUNG KURSANGEBOT:

---

### AQUA-GYM

Kursnummer: 190209

---

Ort:	Rialto, Lehrschwimmbecken Bahn 1
Adresse:	Birsigstrasse 45 4054 Basel

---

Lerninhalt:

**Aqua-Gym** is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

**If you decide to sign up for a Aqua-Gym course, you will get a subscription for 10 entries. You can join the course at any time.**

If you have any further questions, don't hesitate to [contact us!](#)

---

Trainer:	Britt Neff und Regula Saner
----------	-----------------------------

---

Kursniveau:

Bemerkung:

---

Kosten:	238.00 CHF
---------	------------

---

detaillierte	<u>Lektionen:</u> 14
--------------	----------------------

Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	

---