

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 222100

Ort:	Schulhaus Kirschgarten, Hallenbad Bahn 1 Adresse: Hermann Kinkelin-Strasse 12 4051 Basel
Lerninhalt:	<p>Aqua-Fit® 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>Aqua-Fit® is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This joint-friendly 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 Aqua-Fit® courses are approved by „Qualitop“.</p> <p>Your Aqua-Fit® 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 Regula Saner
Kursniveau:	
Bemerkung:	
Kosten:	212.00 CHF
detaillierte Termine:	<p><u>Lektionen:</u> 8</p> <p>Datum Uhrzeiten</p> <p>keine Termine vorhanden</p>