

## BESCHREIBUNG KURSANGEBOT:

---

### AQUA-CYCLING

Kursnummer: 183134

---

|          |                                  |
|----------|----------------------------------|
| Ort:     | AZ Dalbehof, Dalbehof Bahn 2     |
| Adresse: | Kapellenstrasse 17<br>4052 Basel |

---

|             |                                                                                                            |
|-------------|------------------------------------------------------------------------------------------------------------|
| Lerninhalt: | <b>Aqua-Cycling</b> 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 Bader     |           |
| Kursniveau:  |                     |           |
| Bemerkung:   |                     |           |
| Kosten:      | 196.00 CHF          |           |
| detaillierte | <u>Lektionen: 7</u> |           |
| Termine:     | Datum               | Uhrzeiten |
|              | keine               |           |

---

Termine  
vorhanden

---