

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 240205

Ort:	AZ Dalbehof, Dalbehof Bahn 2
Adresse:	Kapellenstrasse 17
	4052 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:	Sandra Studer und Salome Schärer-Knechtli	
Kursniveau:		
Bemerkung:		
Kosten:	240.00 CHF	
detaillierte	<u>Lektionen: 21</u>	
Termine:	Datum	Uhrzeiten
	30.04.2024	12:30 - 13:15
	07.05.2024	12:30 - 13:15
	14.05.2024	12:30 - 13:15
	21.05.2024	12:30 - 13:15
	28.05.2024	12:30 - 13:15
	04.06.2024	12:30 - 13:15
	11.06.2024	12:30 - 13:15

18.06.2024	12:30 - 13:15
25.06.2024	12:30 - 13:15
