

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT® 45 MIN

Kursnummer: 183123

Ort:	Liebrüti, Bahn 1
Adresse:	Liebrütistrasse 39 4303 Kaiseraugst

Lerninhalt:	Aqua-Fit® is jogging in deep water to music whilst wearing an air jacket, provided by the instructor, which supports the posture in the absence of gravity and natural buoyancy. Aqua-Fit® is approved for competitive and recreational sport as well as for rehabilitation. This joint-friendly sport is not only suited to athletic people but also for people who are unfit or overweight. The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.
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All our **Aqua-Fit®** courses are approved by „Qualitop“.

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.

Trainer:	Monika Röthlisberger	
Kursniveau:		
Bemerkung:		
Kosten:	297.50 CHF	
detaillierte Termine:	<u>Lektionen: 17</u>	
	Datum	Uhrzeiten
	15.08.2018	10:20 - 11:05
	22.08.2018	10:20 - 11:05
	29.08.2018	10:20 - 11:05
	05.09.2018	10:20 - 11:05
	12.09.2018	10:20 - 11:05

19.09.2018	10:20 - 11:05
26.09.2018	10:20 - 11:05
17.10.2018	10:20 - 11:05
24.10.2018	10:20 - 11:05
31.10.2018	10:20 - 11:05
07.11.2018	10:20 - 11:05
14.11.2018	10:20 - 11:05
21.11.2018	10:20 - 11:05
28.11.2018	10:20 - 11:05
05.12.2018	10:20 - 11:05
12.12.2018	10:20 - 11:05
19.12.2018	10:20 - 11:05
