

## BESCHREIBUNG KURSANGEBOT:

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### FLOATFIT 45MIN BACHGRABEN

Kursnummer: 250401

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Ort:	Gartenbad Bachgraben, Lehrschwimmbecken Bahn 1
Adresse:	Belforterstrasse 135 4055 Basel

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Lerninhalt:

**FloatFit® – Get on board and power up. A full-body workout packed with fun**

This high-intensity interval training (HIIT) takes place on the water using an air-filled mat, making it low-impact and easy on the joints. Combined with exercises on the board, it helps improve balance, posture, and body awareness—beneficial both in sports and everyday life.

For 45 minutes, give your best on the so-called Aquabase® and strengthen your deep muscles and balance. It's an intense workout that brings visible results quickly.

The introductory offer at Gartenbad Bachgraben includes approx. 25 minutes of HIIT (High Intensity Interval Training) and approx. 20 minutes of Yoga (Balance). There are 8 boards available.

We recommend and kindly ask participants to wear swimwear. If you don't feel comfortable in swimwear on the board, you may also wear neoprene or water shirts.

You can also book multiple sessions for CHF 30.00 CHF each. Please contact us via [email](mailto:info@knechtli.com) at info@knechtli.com.

If spots are available, you can also join spontaneously on-site and pay in cash or by credit card.

**FloatFit®** will continue after the summer holidays at the **Rialto indoor pool**. On alternating Mondays and Fridays, we will offer 30-minute HIIT and Yoga sessions. Further information will follow.

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Trainer:	Anika Hausdorff
Kursniveau:	

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Bemerkung:

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Kosten: 30.00 CHF

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detaillierte Lektionen: 1

Termine:	Datum	Uhrzeiten
	08.07.2025	20:00 - 20:45

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