

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 252117

Ort:	Allschwil, Bahn 2 Adresse: Muesmattweg 6 4123 Allschwil	
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:	Christa Schaub-Suessmann	
Kursniveau:		
Bemerkung:		
Kosten:	459.00 CHF	
detaillierte	<u>Lektionen: 17</u>	
Termine:	Datum	Uhrzeiten
	10.12.2025	12:10 - 13:00
	17.12.2025	12:10 - 13:00