

BESCHREIBUNG KURSANGEBOT:

FLOATFIT HIIT

Kursnummer: 255591

Ort: Rialto, Öffentliches Becken Bahn 1

Adresse:

Birsigstrasse 45 4054 Basel

Lerninhalt:

FloatFit® HIIT - Full-body training with power, efficiency & balance

FloatFit® HIIT is an intense, highly efficient full-body workout on the inflatable Aquabase® – in just 30 minutes you train strength, endurance, coordination, and deep core muscles.

Because the training takes place on water, balance is always the main focus: every exercise challenges your stability, activates your core, and improves posture and body awareness. Despite – or perhaps because of – the fun factor, the workout is physically demanding and delivers fast, visible results – joint-friendly and functional.

Clothing: Swimwear recommended. If you prefer, you can also wear neoprene or water T-shirts.

Trainer:	Anika Hausdorff	
Kursniveau:		
Bemerkung:		
Kosten:	100.00 CHF	
detaillierte	<u>Lektionen: 5</u>	
Termine:	Datum	Uhrzeiten