

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT® 45 MIN

Kursnummer: 261139

Ort:	Schulhaus Bläsi, Bahn 1 Adresse: Müllheimerstrasse 94 4057 Basel
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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>
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Trainer:	Regula Saner
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Kursniveau:	
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Bemerkung:	
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Kosten:	500.00 CHF
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detaillierte	<u>Lektionen: 20</u>
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Termine:	Datum	Uhrzeiten
	07.05.2026	12:40 - 13:25
	21.05.2026	12:40 - 13:25
	28.05.2026	12:40 - 13:25
	04.06.2026	12:40 - 13:25
	11.06.2026	12:40 - 13:25
	18.06.2026	12:40 - 13:25
