Schwimmschule -Knechtli.ch
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BESCHREIBUNG KURSANGEBOT:

FLOATFIT 45MIN HIIT AND BALANCE

Kursnummer: 264293

Ort:	Rialto, Kursschwimmbecken Bahn 1 Adresse: Birsigstrasse 45 4054 Basel
Lerninhalt:	**FloatFit® auf der Aquabase at Rialto pool** **Unique, effective, and guaranteed fun**: FloatFit® on the Aquabase® combines HIIT and Balance in a dynamic 45-minute workout – right on the water! This innovative training merges two powerful concepts: **FloatFit® HIIT** – an intense full-body workout – meets the mindful movements of **FloatFit® Balance**. You'll train strength, endurance, coordination, balance, and deep stabilizing muscles – all on an unstable, air-filled mat that floats on the water's surface. Thanks to the floating training platform, your balance is constantly challenged. Every movement engages your core, strengthens your midsection, and improves posture. While the HIIT segments push you to your limits and make you sweat, the Balance sequences provide targeted stretching, inner calm, and mindfulness. The result: a functional, low-impact workout with maximum fun – delivering fast, noticeable benefits for both body and mind. **Duration:** 45 minutes **Recommended clothing:** Swimwear. Optional: neoprene or water T-shirts.
Trainer:	Cedric Lochmann
Kursniveau:	
Bemerkung:	

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Kosten:	210.00 CHF	
detaillierte Termine:	Lektionen: 7	
	Datum	Uhrzeiten
	02.11.2026	11:15 - 12:00
	09.11.2026	11:15 - 12:00
	16.11.2026	11:15 - 12:00
	23.11.2026	11:15 - 12:00
	30.11.2026	11:15 - 12:00
	07.12.2026	11:15 - 12:00
	14.12.2026	11:15 - 12:00