

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 263118

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Ort: Allschwil, Bahn 2  
Adresse:  
Muesmattweg 6  
4123 Allschwil

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Lerninhalt: **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.  
**Aqua-Fit®** is approved for top-class and leisure-time sports as well as for rehabilitation.  
This **joint-friendly** sport is not only suited to athletic people but also for people who are unfit or overweight.  
The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.  
All our **Aqua-Fit®** courses are approved by „Qualitop“.

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.

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Trainer: Christa Schaub-Suessmann

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Kursniveau:

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Bemerkung:

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Kosten: 459.00 CHF

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detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	12.08.2026	13:00 - 13:50
	19.08.2026	13:00 - 13:50
	26.08.2026	13:00 - 13:50
	02.09.2026	13:00 - 13:50
	09.09.2026	13:00 - 13:50
	16.09.2026	13:00 - 13:50

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23.09.2026	13:00 - 13:50
14.10.2026	13:00 - 13:50
21.10.2026	13:00 - 13:50
28.10.2026	13:00 - 13:50
04.11.2026	13:00 - 13:50
11.11.2026	13:00 - 13:50
18.11.2026	13:00 - 13:50
25.11.2026	13:00 - 13:50
02.12.2026	13:00 - 13:50
09.12.2026	13:00 - 13:50
16.12.2026	13:00 - 13:50

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