Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT ®

Kursnummer: 203106

Ort:	Rialto, Sportbecken Bahn 1 Adresse: Birsigstrasse 45 4054 Basel
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.
Trainer:	Annemarie Sigg
Kursniveau:	
Bemerkung:	
Kosten:	292.50 CHF
detaillierte Termine:	Lektionen: 15 Datum Uhrzeiten keine Termine vorhanden