

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 251116

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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: Irène Tschopp und Monika Röthlisberger

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Kursniveau:

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Bemerkung:

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Kosten: 567.00 CHF

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detaillierte Lektionen: 21

Termine:	Datum	Uhrzeiten
	29.04.2025	13:00 - 13:50
	06.05.2025	13:00 - 13:50
	13.05.2025	13:00 - 13:50
	20.05.2025	13:00 - 13:50
	27.05.2025	13:00 - 13:50
	03.06.2025	13:00 - 13:50

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10.06.2025	13:00 - 13:50
17.06.2025	13:00 - 13:50
24.06.2025	13:00 - 13:50

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