Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 200205

Ort:	Rialto, Lehrschwimmbecken Bahn 1 Adresse: Birsigstrasse 45 4054 Basel
Lerninhalt:	**Aqua-Gym** is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort.** The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear. **If you decide to sign up for a Aqua-Gym course, you will get a subscription for 10 entries. You can join the course at any time.** If you have any further questions, don't hesitate to **contact us!**

Trainer:	Anne Hersperger und Monika Röthlisberger
Kursniveau:	
Bemerkung:	
Kosten:	170.00 CHF
detaillierte Termine:	Lektionen: 74 Datum Uhrzeiten keine Termine vorhanden