

BESCHREIBUNG KURSANGEBOT:

AQUA-CYCLING

Kursnummer: 252135

Ort:	AZ Dalbehof, Dalbehof Bahn 2
Adresse:	Kapellenstrasse 17
	4052 Basel

Lerninhalt:	Aqua-Cycling connects the effectivity of classic cycling and the positive characteristics of water.
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Advantages of the training:

- An active whole body training, irrespective of the fitness level
- A perfect workout after sport injuries and surgeries
- An optimal cardiovascular workout for everyone
- Firming effect for bums, tums and legs
- Exercise and fun, also for older people and non-swimmers
- A workout which is gentle on joints
- Fun and group dynamic with music

Once you have tried **Aqua-Cycling** you won't want to miss it. We guarantee a lot of fun and an effective workout.

Aqua-Cycling is offered in quarterly courses.

Trainer:	Christoph Fleischhacker	
Kursniveau:		
Bemerkung:		
Kosten:	185.50 CHF	
detaillierte	<u>Lektionen: 7</u>	
Termine:	Datum	Uhrzeiten
	12.06.2025	12:00 - 12:50

19.06.2025	12:00 - 12:50
26.06.2025	12:00 - 12:50
