

BESCHREIBUNG KURSANGEBOT:

POSTPARTUM COURSE

Kursnummer: 243216

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

Lerninhalt: Start with targeted postpartum gymnastics to build your body and get in shape after pregnancy.
The goal of the class is to strengthen the pelvic floor and core with stretching and strengthening exercises.

This course is recommended after a natural birth at the earliest from approx. 6-8 weeks, after a caesarean section from approx. 10-12 weeks.

The course takes place without babies.

It is possible to join at any time.

Trainer: Andrea Mäder

Kursniveau:

Bemerkung:

Kosten: 459.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	24.10.2024	14:15 - 15:00
	31.10.2024	14:15 - 15:00
	07.11.2024	14:15 - 15:00
	14.11.2024	14:15 - 15:00
	21.11.2024	14:15 - 15:00

28.11.2024	14:15 - 15:00
05.12.2024	14:15 - 15:00
12.12.2024	14:15 - 15:00
19.12.2024	14:15 - 15:00
