

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT ®

Kursnummer: 263116

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| Ort:         | Allschwil, Bahn 2<br>Adresse:<br>Muesmattweg 6<br>4123 Allschwil                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |               |
| Lerninhalt:  | <p><b>Aqua-Fit®</b> 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.</p> <p><b>Aqua-Fit®</b> is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This <b>joint-friendly</b> sport is not only suited to athletic people but also for people who are unfit or overweight.</p> <p>The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.</p> <p>All our <b>Aqua-Fit®</b> courses are approved by „Qualitop“.</p> <p>Your <b>Aqua-Fit®</b> 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.</p> |               |
| Trainer:     | Irène Tschopp                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |               |
| Kursniveau:  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |               |
| Bemerkung:   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |               |
| Kosten:      | 459.00 CHF                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |
| detaillierte | <u>Lektionen: 17</u>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |               |
| Termine:     | Datum                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Uhrzeiten     |
|              | 18.08.2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13:00 - 13:50 |
|              | 25.08.2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13:00 - 13:50 |
|              | 01.09.2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13:00 - 13:50 |
|              | 08.09.2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13:00 - 13:50 |
|              | 15.09.2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13:00 - 13:50 |
|              | 22.09.2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13:00 - 13:50 |

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| 13.10.2026 | 13:00 - 13:50 |
| 20.10.2026 | 13:00 - 13:50 |
| 27.10.2026 | 13:00 - 13:50 |
| 03.11.2026 | 13:00 - 13:50 |
| 10.11.2026 | 13:00 - 13:50 |
| 17.11.2026 | 13:00 - 13:50 |
| 24.11.2026 | 13:00 - 13:50 |
| 01.12.2026 | 13:00 - 13:50 |
| 08.12.2026 | 13:00 - 13:50 |
| 15.12.2026 | 13:00 - 13:50 |

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