

## BESCHREIBUNG KURSANGEBOT:

---

### AQUA-GYM

Kursnummer: 230204

---

Ort: AZ Weiherweg , Bahn 1  
Adresse:  
Rudolfstr. 43  
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.

**Aqua-Gym courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.**

If you have any further questions, don't hesitate to [contact us!](#)

---

Trainer: Sandra Studer und Regula Saner

---

Kursniveau:

---

Bemerkung:

---

Kosten: 240.00 CHF

---

detaillierte Lektionen: 40

Termine: Datum      Uhrzeiten  
keine  
Termine  
vorhanden

---