

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-GYM

Kursnummer: 230202

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Ort: AZ Weiherweg , Bahn 1  
Adresse:  
Rudolfstr. 43  
4054 Basel

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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!](#)

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Trainer: Regula Saner

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Kursniveau:

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Bemerkung:

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Kosten: 240.00 CHF

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detaillierte Lektionen: 36

Termine: Datum      Uhrzeiten  
keine  
Termine  
vorhanden

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