

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 263130

Ort:	Rialto, Kursschwimmbecken Bahn 1 Adresse: Birsigstrasse 45 4054 Basel	
Lerninhalt:	<p>Aqua-Fit® 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>Aqua-Fit® is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This joint-friendly 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 Aqua-Fit® courses are approved by „Qualitop“.</p> <p>Your Aqua-Fit® 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:	Christoph Fleischhacker	
Kursniveau:		
Bemerkung:		
Kosten:	378.00 CHF	
detaillierte	Lektionen: 14	
Termine:	Datum	Uhrzeiten
	02.09.2026	17:35 - 18:25
	09.09.2026	17:35 - 18:25
	16.09.2026	17:35 - 18:25
	23.09.2026	17:35 - 18:25
	14.10.2026	17:35 - 18:25
	21.10.2026	17:35 - 18:25

28.10.2026	17:35 - 18:25
04.11.2026	17:35 - 18:25
11.11.2026	17:35 - 18:25
18.11.2026	17:35 - 18:25
25.11.2026	17:35 - 18:25
02.12.2026	17:35 - 18:25
09.12.2026	17:35 - 18:25
16.12.2026	17:35 - 18:25
