

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-CYCLING

Kursnummer: 251131

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

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Lerninhalt: **Aqua-Cycling** connects the effectivity of classic cycling and the positive characteristics of water.

#### **Advantages of the training:**

- An active whole body training, irrespective of the fitness level
- A perfect workout after sport injuries and surgeries
- An optimal cardiovascular workout for everyone
- Firming effect for bums, tums and legs
- Exercise and fun, also for older people and non-swimmers
- A workout which is gentle on joints
- Fun and group dynamic with music

Once you have tried **Aqua-Cycling** you won't want to miss it. We guarantee a lot of fun and an effective workout.

**Aqua-Cycling** is offered in quarterly courses.

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Trainer: Christoph Bader

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Kursniveau:

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Bemerkung:

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Kosten: 318.00 CHF

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detaillierte Lektionen: 12

Termine: Datum Uhrzeiten  
07.01.2025 17:30 - 18:20

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14.01.2025	17:30 - 18:20
21.01.2025	17:30 - 18:20
28.01.2025	17:30 - 18:20
04.02.2025	17:30 - 18:20
11.02.2025	17:30 - 18:20
18.02.2025	17:30 - 18:20
25.02.2025	17:30 - 18:20
18.03.2025	17:30 - 18:20
25.03.2025	17:30 - 18:20
01.04.2025	17:30 - 18:20
08.04.2025	17:30 - 18:20

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