

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 242116

Ort: Allschwil, Bahn 2
Adresse:
Muesmattweg 6
4123 Allschwil

Lerninhalt: **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.
Aqua-Fit® is approved for top-class and leisure-time sports as well as for rehabilitation.
This **joint-friendly** sport is not only suited to athletic people but also for people who are unfit or overweight.
The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.
All our **Aqua-Fit®** courses are approved by „Qualitop“.

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.

Trainer: Hans Peter Krickhaus

Kursniveau:

Bemerkung:

Kosten: 459.00 CHF

detaillierte Lektionen: 17

| Termine: | Datum | Uhrzeiten |
|----------|------------|---------------|
| | 10.09.2024 | 13:00 - 13:50 |
| | 17.09.2024 | 13:00 - 13:50 |
| | 24.09.2024 | 13:00 - 13:50 |
| | 15.10.2024 | 13:00 - 13:50 |
| | 22.10.2024 | 13:00 - 13:50 |
| | 29.10.2024 | 13:00 - 13:50 |

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| 05.11.2024 | 13:00 - 13:50 |
| 12.11.2024 | 13:00 - 13:50 |
| 19.11.2024 | 13:00 - 13:50 |
| 26.11.2024 | 13:00 - 13:50 |
| 03.12.2024 | 13:00 - 13:50 |
| 10.12.2024 | 13:00 - 13:50 |
| 17.12.2024 | 13:00 - 13:50 |
