

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 251129

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|--------------|---|---------------|
| Ort:         | Rialto, Kursschwimmbecken Bahn 1  |               |
|              | <u>Adresse:</u>   |               |
|              | Birsigstrasse 45  |               |
|              | 4054 Basel  |               |
| Lerninhalt:  | <p><b>Aqua-Fit®</b> 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><b>Aqua-Fit®</b> is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This <b>joint-friendly</b> 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 <b>Aqua-Fit®</b> courses are approved by „Qualitop“.</p> <p>Your <b>Aqua-Fit®</b> 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 und Irène Tschopp   |               |
| Kursniveau:  |   |               |
| Bemerkung:   |   |               |
| Kosten:      | 567.00 CHF  |               |
| detaillierte | <u>Lektionen: 21</u>  |               |
| Termine:     | Datum   | Uhrzeiten     |
|              | 11.06.2025  | 20:10 - 21:00 |
|              | 18.06.2025  | 20:10 - 21:00 |
|              | 25.06.2025  | 20:10 - 21:00 |