

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 243130

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Ort: Rialto, Kursschwimmbecken Bahn 1  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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.

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Trainer: Christoph Fleischhacker

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Kursniveau:

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Bemerkung:

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Kosten: 378.00 CHF

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detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	11.09.2024	17:35 - 18:25
	18.09.2024	17:35 - 18:25
	25.09.2024	17:35 - 18:25
	16.10.2024	17:35 - 18:25
	23.10.2024	17:35 - 18:25
	30.10.2024	17:35 - 18:25

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06.11.2024	17:35 - 18:25
13.11.2024	17:35 - 18:25
20.11.2024	17:35 - 18:25
27.11.2024	17:35 - 18:25
04.12.2024	17:35 - 18:25
11.12.2024	17:35 - 18:25
18.12.2024	17:35 - 18:25

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