

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT® 45 MIN

Kursnummer: 251139

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Ort: Schulhaus Bläsi, Hallenbad  
Adresse:  
Müllheimerstrasse 94  
4057 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: Regula Saner

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Kursniveau:

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Bemerkung:

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Kosten: 475.00 CHF

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detaillierte Lektionen: 19

Termine:	Datum	Uhrzeiten
	16.01.2025	12:40 - 13:25
	23.01.2025	12:40 - 13:25
	30.01.2025	12:40 - 13:25
	06.02.2025	12:40 - 13:25
	13.02.2025	12:40 - 13:25
	20.02.2025	12:40 - 13:25

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27.02.2025	12:40 - 13:25
20.03.2025	12:40 - 13:25
27.03.2025	12:40 - 13:25
03.04.2025	12:40 - 13:25
10.04.2025	12:40 - 13:25
08.05.2025	12:40 - 13:25
15.05.2025	12:40 - 13:25
22.05.2025	12:40 - 13:25
05.06.2025	12:40 - 13:25
12.06.2025	12:40 - 13:25
19.06.2025	12:40 - 13:25
26.06.2025	12:40 - 13:25

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