

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 251201

Ort: AZ Weiherweg , Bahn 1
Adresse:
Rudolfstr. 43
4054 Basel

Lerninhalt:

Aqua-Gym is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

Aqua-Gym courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.

If you have any further questions, don't hesitate to [contact us!](#)

Trainer: Regula Saner

Kursniveau:

Bemerkung:

Kosten: 688.50 CHF

detaillierte Lektionen: 27

Termine:	Datum	Uhrzeiten
	15.09.2025	11:00 - 11:45
	22.09.2025	11:00 - 11:45
