

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-CYCLING

Kursnummer: 234135

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| Ort:     | AZ Dalbehof, Dalbehof Bahn 1     |
| Adresse: | Kapellenstrasse 17<br>4052 Basel |

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| Lerninhalt: | <b>Aqua-Cycling</b> connects the effectivity of classic cycling and the positive characteristics of water. |
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#### **Advantages of the training:**

- An active whole body training, irrespective of the fitness level
- A perfect workout after sport injuries and surgeries
- An optimal cardiovascular workout for everyone
- Firming effect for bums, tums and legs
- Exercise and fun, also for older people and non-swimmers
- A workout which is gentle on joints
- Fun and group dynamic with music

Once you have tried **Aqua-Cycling** you won't want to miss it. We guarantee a lot of fun and an effective workout.

**Aqua-Cycling** is offered in quarterly courses.

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| Trainer:     | Christoph Fleischhacker und Christoph Bader |           |
| Kursniveau:  |                                             |           |
| Bemerkung:   |                                             |           |
| Kosten:      | 265.00 CHF                                  |           |
| detaillierte | <u>Lektionen: 10</u>                        |           |
| Termine:     | Datum                                       | Uhrzeiten |
|              | keine                                       |           |

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Termine  
vorhanden

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