

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 251141

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:	Andrea Mäder und Anne Hersperger und Christoph Fleischhacker und Monika Röthlisberger	
Kursniveau:		
Bemerkung:		
Kosten:	513.00 CHF	
detaillierte	<u>Lektionen: 19</u>	
Termine:	Datum	Uhrzeiten
	12.06.2025	19:50 - 20:40
	19.06.2025	19:50 - 20:40
	26.06.2025	19:50 - 20:40