Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

AQUA-CYCLING

Kursnummer: 204136

Ort:	AZ Dalbehof, Dalbehof Bahn 1 Adresse: Kapellenstrasse 17 4052 Basel
Lerninhalt:	**Aqua-Cycling** connects the effectivity of classic cycling and the positive characteristics of water. **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.

Trainer:	Christoph Bader
Kursniveau:	
Bemerkung:	
Kosten:	252.00 CHF
detaillierte Termine:	Lektionen: 9 Datum Uhrzeiten keine

	Termine vorhanden