

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 242118

Ort: Allschwil, Bahn 2
Adresse:
Muesmattweg 6
4123 Allschwil

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.

Trainer: Christa Schaub-Suessmann

Kursniveau:

Bemerkung:

Kosten: 459.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	11.09.2024	13:00 - 13:50
	18.09.2024	13:00 - 13:50
	25.09.2024	13:00 - 13:50
	16.10.2024	13:00 - 13:50
	23.10.2024	13:00 - 13:50
	30.10.2024	13:00 - 13:50

06.11.2024	13:00 - 13:50
13.11.2024	13:00 - 13:50
20.11.2024	13:00 - 13:50
27.11.2024	13:00 - 13:50
04.12.2024	13:00 - 13:50
11.12.2024	13:00 - 13:50
18.12.2024	13:00 - 13:50
