

BESCHREIBUNG KURSANGEBOT:

AQUA-CYCLING

Kursnummer: 243131

Ort: AZ Dalbehof, Dalbehof Bahn 2
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 und Andrea Mäder

Kursniveau:

Bemerkung:

Kosten: 185.50 CHF

detaillierte Lektionen: 7

Termine: Datum Uhrzeiten
10.09.2024 17:30 - 18:20

17.09.2024	17:30 - 18:20
24.09.2024	17:30 - 18:20
