

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 251115

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: Irène Tschopp und Monika Röthlisberger

Kursniveau:

Bemerkung:

Kosten: 567.00 CHF

detaillierte Lektionen: 21

Termine:	Datum	Uhrzeiten
	29.04.2025	12:10 - 13:00
	06.05.2025	12:10 - 13:00
	13.05.2025	12:10 - 13:00
	20.05.2025	12:10 - 13:00
	27.05.2025	12:10 - 13:00
	03.06.2025	12:10 - 13:00

10.06.2025	12:10 - 13:00
17.06.2025	12:10 - 13:00
24.06.2025	12:10 - 13:00
