

BESCHREIBUNG KURSANGEBOT:

FLOATFIT BALANCE

Kursnummer: 254292

Ort: Rialto, Kursschwimmbecken Bahn 3
Adresse:
Birsigstrasse 45
4054 Basel

Lerninhalt:

FloatFit® Yoga – Strength, Balance & Mindfulness on Water

Dive into a holistic training experience on water: FloatFit® Balance blends flowing yoga and Pilates-inspired movements with mindful breathing on a specially designed inflatable mat – the Aquabase® – floating on the water's surface.

This gentle yet challenging workout strengthens your deep core muscles, improves posture, and enhances balance. At the same time, it sharpens your body awareness and focus. The constant micro-adjustments required on the water engage your core and stabilizing muscles, supporting better physical alignment – both during exercise and in daily life.

In just 30 minutes, you'll build strength, boost flexibility, and reconnect with your inner calm.

Clothing: Swimwear is recommended. If preferred, you may also wear neoprene or water shirts for added comfort.

Trainer: Anika Hausdorff

Kursniveau:

Bemerkung:

Kosten: 100.00 CHF

detaillierte Lektionen: 5

Termine:	Datum	Uhrzeiten
	13.10.2025	19:40 - 20:10
	20.10.2025	19:40 - 20:10
	27.10.2025	19:40 - 20:10

03.11.2025	19:40 - 20:10
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10.11.2025	19:40 - 20:10
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