

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 243224

Ort: Rialto, Kursschwimmbecken Bahn 1
Adresse:
Birsigstrasse 45
4054 Basel

Lerninhalt:

Aqua-Gym is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

If you decide to sign up for a Aqua-Gym course, you will get a subscription for 10 entries. You can join the course at any time.

If you have any further questions, don't hesitate to [contact us!](#)

Trainer: Sandra Studer

Kursniveau:

Bemerkung:

Kosten: 255.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	22.10.2024	11:30 - 12:15
	29.10.2024	11:30 - 12:15
	05.11.2024	11:30 - 12:15
	12.11.2024	11:30 - 12:15
	19.11.2024	11:30 - 12:15
	26.11.2024	11:30 - 12:15
	03.12.2024	11:30 - 12:15

10.12.2024	11:30 - 12:15
17.12.2024	11:30 - 12:15
