

BESCHREIBUNG KURSANGEBOT:

FLOATFIT 45MIN HIIT AND BALANCE

Kursnummer: 254295

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

Lerninhalt:

FloatFit® auf der Aquabase at Rialto pool

Unique, effective, and guaranteed fun: FloatFit® on the Aquabase® combines HIIT and Balance in a dynamic 45-minute workout – right on the water!

This innovative training merges two powerful concepts:

FloatFit® HIIT – an intense full-body workout – meets the mindful movements of **FloatFit® Balance**. You'll train strength, endurance, coordination, balance, and deep stabilizing muscles – all on an unstable, air-filled mat that floats on the water's surface.

Thanks to the floating training platform, your balance is constantly challenged. Every movement engages your core, strengthens your midsection, and improves posture. While the HIIT segments push you to your limits and make you sweat, the Balance sequences provide targeted stretching, inner calm, and mindfulness.

The result: a functional, low-impact workout with maximum fun – delivering fast, noticeable benefits for both body and mind.

Duration: 45 minutes

Recommended clothing: Swimwear. Optional: neoprene or water T-shirts.

Trainer: Anika Hausdorff

Kursniveau:

Bemerkung:

Kosten:	150.00 CHF	
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detaillierte	<u>Lektionen: 5</u>	
Termine:	Datum	Uhrzeiten
	17.10.2025	13:30 - 14:15
	24.10.2025	13:30 - 14:15
	31.10.2025	13:30 - 14:15
	07.11.2025	13:30 - 14:15
	14.11.2025	13:30 - 14:15
