

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-GYM FÜR SCHWANGERE

Kursnummer: 243215

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Ort: AZ Dalbehof, Dalbehof Bahn 2  
Adresse:  
Kapellenstrasse 17  
4052 Basel

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Lerninhalt:

#### **AQUA-GYM FOR PREGNANT WOMEN**

Sport during pregnancy promotes physical fitness and can thus prevent typical pregnancy complaints.

**Aqua-gym for pregnant women** stands out as an extremely joint-friendly and gentle way of exercising, which pregnant women can do despite their increasing weight. The buoyancy in the water relieves the joints and intervertebral discs as well as the complete back musculature.

Aqua-Gym for pregnant women promotes endurance, strengthens the muscles and stimulates the circulation through targeted exercises. The movement generally provides a better oxygen supply for the whole body. In addition, exercise stimulates venous return, which can reduce the tendency to pregnancy edema and varicose veins. Coordinated exercises make the pelvic floor more elastic and thus promote a quick and problem-free recovery of the tissues after childbirth.

Aqua-Gym for pregnant women takes place in chest-deep water at 32°C. It is possible to join at any time. Lessons are charged from the date of entry until 2 weeks before the due date.

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

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Trainer: Andrea Mäder

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Kursniveau:

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Bemerkung:

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Kosten: 459.00 CHF

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detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	24.10.2024	13:30 - 14:15
	31.10.2024	13:30 - 14:15
	07.11.2024	13:30 - 14:15
	14.11.2024	13:30 - 14:15
	21.11.2024	13:30 - 14:15
	28.11.2024	13:30 - 14:15
	05.12.2024	13:30 - 14:15
	12.12.2024	13:30 - 14:15
	19.12.2024	13:30 - 14:15

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