

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT® 45 MIN

Kursnummer: 233139

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| Ort: | Schulhaus Bläsi, Hallenbad |
| Adresse: | Müllheimerstrasse 94 4057 Basel |
| Lerninhalt: | <p>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.</p> <p>Aqua-Fit® is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This joint-friendly sport is not only suited to athletic people but also for people who are unfit or overweight.</p> <p>The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.</p> <p>All our Aqua-Fit® courses are approved by „Qualitop“.</p> <p>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.</p> |
| Trainer: | Regula Saner |
| Kursniveau: | |
| Bemerkung: | |
| Kosten: | 416.50 CHF |
| detaillierte Termine: | <p><u>Lektionen: 17</u></p> <p>Datum Uhrzeiten</p> <p>keine Termine vorhanden</p> |