

## BESCHREIBUNG KURSANGEBOT:

---

### AQUA-CYCLING

Kursnummer: 251137

---

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

---

Lerninhalt: **Aqua-Cycling** connects the effectivity of classic cycling and the positive characteristics of water.

#### **Advantages of the training:**

- An active whole body training, irrespective of the fitness level
- A perfect workout after sport injuries and surgeries
- An optimal cardiovascular workout for everyone
- Firming effect for bums, tums and legs
- Exercise and fun, also for older people and non-swimmers
- A workout which is gentle on joints
- Fun and group dynamic with music

Once you have tried **Aqua-Cycling** you won't want to miss it. We guarantee a lot of fun and an effective workout.

**Aqua-Cycling** is offered in quarterly courses.

---

Trainer: Christoph Bader

---

Kursniveau:

---

Bemerkung:

---

Kosten: 318.00 CHF

---

detaillierte Lektionen: 12

---

Termine: Datum Uhrzeiten  
09.01.2025 19:25 - 20:15

---

16.01.2025	19:25 - 20:15
23.01.2025	19:25 - 20:15
30.01.2025	19:25 - 20:15
06.02.2025	19:25 - 20:15
13.02.2025	19:25 - 20:15
20.02.2025	19:25 - 20:15
27.02.2025	19:25 - 20:15
20.03.2025	19:25 - 20:15
27.03.2025	19:25 - 20:15
03.04.2025	19:25 - 20:15
10.04.2025	19:25 - 20:15

---