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BESCHREIBUNG KURSANGEBOT:

AQUA-FIT ®

Kursnummer: 263115

Ort:	Allschwil, Bahn 2 Adresse: Muesmattweg 6 4123 Allschwil
Lerninhalt:	**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. **Aqua-Fit®** is approved for top-class and leisure-time sports as well as for rehabilitation. This **joint-friendly** sport is not only suited to athletic people but also for people who are unfit or overweight. The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time. All our **Aqua-Fit®** courses are approved by „Qualitop“. 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.
Trainer:	Irène Tschopp und Anne Hersperger
Kursniveau:	
Bemerkung:	
Kosten:	459.00 CHF
detaillierte Termine:	Lektionen: 17

Datum	Uhrzeiten
10.11.2026	12:10 - 13:00
17.11.2026	12:10 - 13:00
24.11.2026	12:10 - 13:00
01.12.2026	12:10 - 13:00
08.12.2026	12:10 - 13:00
15.12.2026	12:10 - 13:00

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