

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 261114

Ort:	Schulhaus St. Johann, Bahn 2 Adresse: St. Johannis-Ring 17 4056 Basel														
Lerninhalt:	<p><b>Aqua-Fit®</b> 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><b>Aqua-Fit®</b> is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This <b>joint-friendly</b> 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 <b>Aqua-Fit®</b> courses are approved by „Qualitop“.</p> <p>Your <b>Aqua-Fit®</b> 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:	Christoph Fleischhacker und Anne Hersperger und Irène Tschopp														
Kursniveau:															
Bemerkung:															
Kosten:	540.00 CHF														
detaillierte	<u>Lektionen: 20</u>														
Termine:	<table border="1"> <thead> <tr> <th>Datum</th> <th>Uhrzeiten</th> </tr> </thead> <tbody> <tr> <td>07.05.2026</td> <td>20:00 - 20:50</td> </tr> <tr> <td>21.05.2026</td> <td>20:00 - 20:50</td> </tr> <tr> <td>28.05.2026</td> <td>20:00 - 20:50</td> </tr> <tr> <td>04.06.2026</td> <td>20:00 - 20:50</td> </tr> <tr> <td>11.06.2026</td> <td>20:00 - 20:50</td> </tr> <tr> <td>18.06.2026</td> <td>20:00 - 20:50</td> </tr> </tbody> </table>	Datum	Uhrzeiten	07.05.2026	20:00 - 20:50	21.05.2026	20:00 - 20:50	28.05.2026	20:00 - 20:50	04.06.2026	20:00 - 20:50	11.06.2026	20:00 - 20:50	18.06.2026	20:00 - 20:50
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