

BESCHREIBUNG KURSANGEBOT:

AQUA-CYCLING

Kursnummer: 252137

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: 185.50 CHF

detaillierte Lektionen: 7

Termine: Datum Uhrzeiten
08.05.2025 19:25 - 20:15

15.05.2025	19:25 - 20:15
22.05.2025	19:25 - 20:15
05.06.2025	19:25 - 20:15
12.06.2025	19:25 - 20:15
19.06.2025	19:25 - 20:15
26.06.2025	19:25 - 20:15
