

BESCHREIBUNG KURSANGEBOT:

AQUA-CYCLING

Kursnummer: 251135

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 Fleischhacker

Kursniveau:

Bemerkung:

Kosten: 318.00 CHF

detaillierte Lektionen: 12

Termine: Datum Uhrzeiten
09.01.2025 12:00 - 12:50

16.01.2025	12:00 - 12:50
23.01.2025	12:00 - 12:50
30.01.2025	12:00 - 12:50
06.02.2025	12:00 - 12:50
13.02.2025	12:00 - 12:50
20.02.2025	12:00 - 12:50
27.02.2025	12:00 - 12:50
20.03.2025	12:00 - 12:50
27.03.2025	12:00 - 12:50
03.04.2025	12:00 - 12:50
10.04.2025	12:00 - 12:50
