

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 242120

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Ort: Rialto, Kursschwimmbecken Bahn 2  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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.

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Trainer: Regula Saner

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Kursniveau:

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Bemerkung:

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Kosten: 378.00 CHF

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detaillierte Lektionen: 14

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 09.09.2024 | 19:05 - 19:55 |
|          | 16.09.2024 | 19:05 - 19:55 |
|          | 23.09.2024 | 19:05 - 19:55 |
|          | 14.10.2024 | 19:05 - 19:55 |
|          | 21.10.2024 | 19:05 - 19:55 |
|          | 28.10.2024 | 19:05 - 19:55 |

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| 04.11.2024 | 19:05 - 19:55 |
| 11.11.2024 | 19:05 - 19:55 |
| 18.11.2024 | 19:05 - 19:55 |
| 25.11.2024 | 19:05 - 19:55 |
| 02.12.2024 | 19:05 - 19:55 |
| 09.12.2024 | 19:05 - 19:55 |
| 16.12.2024 | 19:05 - 19:55 |

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