

BESCHREIBUNG KURSANGEBOT:

FLOATFIT 45MIN HIIT UND YOGA

Kursnummer: 253295

Ort: Rialto, Kursschwimmbecken Bahn 1
Adresse:
Birsigstrasse 45
4054 Basel

Lerninhalt:

FloatFit® auf der Aquabase at Rialto pool

Unique, effective, and guaranteed fun: FloatFit® on the Aquabase® combines HIIT and Yoga in a dynamic 45-minute workout – right on the water!

This innovative training merges two powerful concepts:

FloatFit® HIIT – an intense full-body workout – meets the mindful movements of **FloatFit® Yoga**. You'll train strength, endurance, coordination, balance, and deep stabilizing muscles – all on an unstable, air-filled mat that floats on the water's surface.

Thanks to the floating training platform, your balance is constantly challenged. Every movement engages your core, strengthens your midsection, and improves posture. While the HIIT segments push you to your limits and make you sweat, the yoga sequences provide targeted stretching, inner calm, and mindfulness.

The result: a functional, low-impact workout with maximum fun – delivering fast, noticeable benefits for both body and mind.

Duration: 45 minutes

Recommended clothing: Swimwear. Optional: neoprene or water T-shirts.

Trainer: Anika Hausdorff

Kursniveau:

Bemerkung:

Kosten: 120.00 CHF

detaillierte Lektionen: 4

Termine:	Datum	Uhrzeiten
	05.09.2025	13:30 - 14:15
	12.09.2025	13:30 - 14:15
	19.09.2025	13:30 - 14:15
	26.09.2025	13:30 - 14:15