

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 251202

Ort: AZ Weiherweg , Bahn 1

Adresse: Rudolfstr. 43 4054 Basel

Lerninhalt:

Aqua-Gym is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort.** The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

Aqua-Gym courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.

If you have any further questions, don't hesitate to contact us!

Trainer:	Regula Saner	
Kursniveau:		
Bemerkung:		
Kosten:	943.50 CHF	
detaillierte	Lektionen: 37	
Termine:	Datum	Uhrzeiten
	17.11.2025	11:45 - 12:30
	24.11.2025	11:45 - 12:30
	01.12.2025	11:45 - 12:30
	08.12.2025	11:45 - 12:30
	15.12.2025	11:45 - 12:30