

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-FIT®

Kursnummer: 263140

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Ort:	Rialto, Kursschwimmbecken Bahn 1 Adresse: Birsigstrasse 45 4054 Basel
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Lerninhalt:	<p><b>Aqua-Fit®</b> 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.</p> <p><b>Aqua-Fit®</b> is approved for top-class and leisure-time sports as well as for rehabilitation.</p> <p>This <b>joint-friendly</b> sport is not only suited to athletic people but also for people who are unfit or overweight.</p> <p>The goal is to achieve high calorie burn by constant movement in 28°C warm water. You can join a course to any time.</p> <p>All our <b>Aqua-Fit®</b> courses are approved by „Qualitop“.</p> <p>Your <b>Aqua-Fit®</b> 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.</p>
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Trainer:	Christoph Fleischhacker
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Kursniveau:	
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Bemerkung:	
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Kosten:	378.00 CHF
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detaillierte	<u>Lektionen: 14</u>
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Termine:	Datum	Uhrzeiten
	03.09.2026	18:55 - 19:45
	10.09.2026	18:55 - 19:45
	17.09.2026	18:55 - 19:45
	24.09.2026	18:55 - 19:45
	15.10.2026	18:55 - 19:45
	22.10.2026	18:55 - 19:45

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29.10.2026	18:55 - 19:45
05.11.2026	18:55 - 19:45
12.11.2026	18:55 - 19:45
19.11.2026	18:55 - 19:45
26.11.2026	18:55 - 19:45
03.12.2026	18:55 - 19:45
10.12.2026	18:55 - 19:45
17.12.2026	18:55 - 19:45

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