

## BESCHREIBUNG KURSANGEBOT:

---

### AQUA-FIT®

Kursnummer: 261127

---

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

---

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.

---

Trainer: Regula Saner

---

Kursniveau:

---

Bemerkung:

---

Kosten: 513.00 CHF

---

detaillierte Lektionen: 19

Termine:	Datum	Uhrzeiten
	08.05.2026	18:55 - 19:45
	22.05.2026	18:55 - 19:45
	29.05.2026	18:55 - 19:45
	05.06.2026	18:55 - 19:45
	12.06.2026	18:55 - 19:45
	19.06.2026	18:55 - 19:45

---

