

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT®

Kursnummer: 242114

Ort: Schulhaus St. Johann, Bahn 2
Adresse:
St. Johannis-Ring 17
4056 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: Christoph Fleischhacker

Kursniveau:

Bemerkung:

Kosten: 459.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	12.09.2024	20:00 - 20:50
	19.09.2024	20:00 - 20:50
	26.09.2024	20:00 - 20:50
	17.10.2024	20:00 - 20:50
	24.10.2024	20:00 - 20:50
	31.10.2024	20:00 - 20:50

07.11.2024	20:00 - 20:50
14.11.2024	20:00 - 20:50
21.11.2024	20:00 - 20:50
28.11.2024	20:00 - 20:50
05.12.2024	20:00 - 20:50
12.12.2024	20:00 - 20:50
19.12.2024	20:00 - 20:50
