

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 200207

Ort:	Rialto, Lehrschwimmbecken Bahn 1
Adresse:	Birsigstrasse 45 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.

If you decide to sign up for a Aqua-Gym course, you will get a subscription for 10 entries. You can join the course at any time.

If you have any further questions, don't hesitate to [contact us!](#)

Trainer:	Agnes Vonarburg und Regula Saner und Andrea Mäder und Anne Hersperger		
Kursniveau:			
Bemerkung:			
Kosten:	1'258.00 CHF		
detaillierte Termine:	<u>Lektionen: 74</u>	Datum	Uhrzeiten
		keine Termine	vorhanden
