

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM FÜR SCHWANGERE UND RÜCKBILDUNGSGYMNASTIK

Kursnummer: 240216

Ort:	AZ Dalbehof, Dalbehof Bahn 2	
	Adresse:	
	Kapellenstrasse 17	
	4052 Basel	
Lerninhalt:	Start with targeted postpartum gymnastics to build your body and get in shape after pregnancy.	
	The goal of the class is to strengthen the pelvic floor and core with stretching and strengthening exercises.	
	This course is recommended after a natural birth at the earliest from approx. 6-8 weeks, after a caesarean section from approx. 10-12 weeks.	
	The course takes place without babies.	
	It is possible to join at any time.	
Trainer:	Andrea Mäder	
Kursniveau:		
Bemerkung:		
Kosten:	270.00 CHF	
detaillierte	<u>Lektionen: 21</u>	
Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	