

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT® 45 MIN

Kursnummer: 242139

Ort: Schulhaus Bläsi, Bahn 1
Adresse:
Müllheimerstrasse 94
4057 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: 425.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	24.10.2024	12:40 - 13:25
	31.10.2024	12:40 - 13:25
	07.11.2024	12:40 - 13:25
	14.11.2024	12:40 - 13:25
	21.11.2024	12:40 - 13:25
	28.11.2024	12:40 - 13:25

05.12.2024	12:40 - 13:25
12.12.2024	12:40 - 13:25
19.12.2024	12:40 - 13:25
