

BESCHREIBUNG KURSANGEBOT:

AQUA-FIT ®

Kursnummer: 252114

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.
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Trainer:	Christoph Fleischhacker	
Kursniveau:		
Bemerkung:		
Kosten:	459.00 CHF	
detaillierte	<u>Lektionen: 17</u>	
Termine:	Datum	Uhrzeiten
	06.11.2025	20:00 - 20:50
	13.11.2025	20:00 - 20:50
	20.11.2025	20:00 - 20:50
	27.11.2025	20:00 - 20:50
	04.12.2025	20:00 - 20:50
	11.12.2025	20:00 - 20:50

18.12.2025 20:00 - 20:50

Alles Andere als Trockenübungen