

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 200211

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| Ort: | AZ Dalbehof, Dalbehof Bahn 1 |
| Adresse: | Kapellenstrasse 17 |
| | 4052 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!](#)

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| Trainer: | Barbara Weber |
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Kursniveau:

Bemerkung:

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| Kosten: | 816.00 CHF |
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| detaillierte | <u>Lektionen: 33</u> |
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| Termine: | Datum | Uhrzeiten |
| | keine | |
| | Termine | |
| | vorhanden | |
