

BESCHREIBUNG KURSANGEBOT:

FLOATFIT HIIT AND YOGA

Kursnummer: 250415

Ort: Gartenbad Bachgraben, Lehrschwimmbecken Bahn 1
Adresse:
Belforterstrasse 135
4055 Basel

Lerninhalt:

Course Description: FloatFit® on the Aquabase at Gartenbad Bachgraben

Unique, effective, and seriously fun: FloatFit® on the Aquabase® combines HIIT and yoga into a seamless 45-minute workout – right on the water!

This innovative session blends two powerful formats:

FloatFit® HIIT – an intense full-body workout – meets the mindful flow of **FloatFit® Yoga**. You'll train strength, endurance, coordination, balance, and deep core muscles – all on an unstable, air-filled platform that floats on the surface of the pool.

Because the base is constantly moving, your balance is always being challenged. Every movement activates the core, strengthens your midsection, and improves posture and body awareness. The HIIT sections will make you sweat, while the yoga elements focus on stretching, mindfulness, and calm.

The result: A functional, joint-friendly training session with a high fun factor – and fast, noticeable benefits for both body and mind.

Duration: 45 minutes

Recommended clothing: Swimwear. Optional: Neoprene or water shirts.

Drop-ins and single sessions welcome. Payment on-site via cash, TWINT or credit card (max. 2.5% fee may apply).

FloatFit® – your new favourite workout on water!

Trainer: Anika Hausdorff

Kursniveau:

Bemerkung:

Kosten: 30.00 CHF

detaillierte Lektionen: 1

Termine:	Datum	Uhrzeiten
	31.07.2025	20:00 - 20:45