ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
Aqua-Rhythm	Monday	18:30–19:20	June 13 – August 22 (Except Aug 1)	Naturbad, Riehen
Aktiv! mit Vereinen*	Monday	19:00–20:00	June 13 – September 5 (Except Aug 1)	Schützenmattpark, Basel
Dance Fitness	Monday	19:00–19:50	June 13 – September 5 (Except June 27 & Aug 1)	St. Johanns-Park, Basel
Qi Gong	Tuesday	18:30–19:30	May 17 – September 13	Begegnungszentrum CURA, Park St. Claraspital
Gymnastics	Tuesday	19:00–20:00	May 17 – September 13	Schützenmattpark, Basel
Let's Dance	Tuesday	18:30–19:20	June 14 – August 16	Dreirosenanlage, Basel
Aktiv! mit Vereinen**	Tuesday	19:00–20:00	June 14 – August 9	Kannenfeldpark, Basel
Yoga	Wednesday	18:30–19:30	June 1 – August 24	Erlenmattpark, Basel
Pilates	Wednesday	19:00–19:50	June 1 – August 24	Wettsteinanlage, Riehen
Outdoor Fitness	Wednesday	19:00–20:00	June 8 – August 10	Schulhaus Bettingen
Pilates	Wednesday	19:00–19:50	June 22 – August 24	Jörinpark, Pratteln
Body Toning	Thursday	18:30–19:20	June 2 – August 25	Margarethenpark, Basel
Body Toning	Thursday	19:00–19:50	June 2 – August 25	Wettsteinanlage, Riehen
Qi Gong	Friday	19:00–20:00	May 20 – September 16	Schützenmattpark, Basel
Tai Chi	Sunday	10:30–11:30	June 12 – August 14	Chrischona, Bettingen

Aqua-Rhythm: Intensive water aerobics in chest-deep water to party music from all over the world for an effective fitness training.

Body Toning: A full-body workout to rousing music; the varied exercises using your own body weight strengthen and tone your stomach, legs, and buttocks in particular.

Dance Fitness: Combines dance, fitness, and fun to music from around the world—party mood guaranteed!

Gymnastics: A varied workout for strength, endurance, and coordination to great music.

Let's Dance: Different dance styles and choreographies to rousing music.

Outdoor Fitness: Strength, endurance, and coordination training with playful exercises in the open air.

Pilates: Strength exercises, stretching, and conscious breathing strengthen the deep muscle groups that ensure a healthy and correct posture. Mats are provided.

Qi Gong and Tai Chi: With Chinese meditation and movement you train coordination and flexibility. Body and mind relax through a series of round and harmonious forms of movement.

Yoga: Yoga means harmony and well-being for body, mind and soul. A relaxing hour in the urban Erlenmattpark for beginners and yogis of all levels. Mats are provided.

**Aktiv! mit Verein (Active with Clubs!):* Schützenmattpark—Mondays 19:00–20:00

June 13 – June 27: Fitness boxing with the "Boxteam Basel" club
July 4 – July 18: Running (running technique) with the "Basel Running Club"
July 25 – August 15: Korfball with the club "Korfball Basel" (except August 1)
August 22 – September 5: Ultimate frisbee with the "Freespeed Basel" club

***Aktiv! mit Verein (Active with Clubs!):* Kannenfeldpark—Tuesdays 19:00–20:00

June 14 – June 28: Sword fight with the "Freifechter Basel" club
July 5 – July 19: Sepak Takraw with the "Sepak Takraw Basel" club
July 26 – August 9: Taekwondo with the "Taekwondo Basel" club