



## Aktiv! im Sommer 2024

ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
<b>Aqua-Rhythm</b>	Monday	18:30–19:20	June 17 – August 19	Naturbad, Riehen
<b>Aktiv! mit Vereinen*</b>	Monday	19:00–20:00	June 3 – August 19	Schützenmattpark, Basel
<b>Dance Fitness</b>	Monday	19:00–19:50	June 3 – August 12	St. Johannis-Park, Basel
<b>Gymnastics</b>	Tuesday	19:00–20:00	May 14 – September 3	Schützenmattpark, Basel
<b>Dance Together</b>	Tuesday	19:00–19:50	June 4 – August 13	Horburg Park, Basel
<b>Aktiv! mit Vereinen**</b>	Wednesday	19:00–20:00	June 5 – August 28	Schützenmattpark, Basel
<b>Yoga</b>	Wednesday	19:00–20:00	May 29 – September 4 (Except July 31)	Erlenmattpark, Basel
<b>Pilates</b>	Wednesday	19:00–19:50	May 29 – August 28 (Except July 31)	Wettsteinanlage, Riehen
<b>Vital Fit</b>	Wednesday	19:00–20:00	June 12 – August 21 (Except July 31)	Schulhaus Bettingen
<b>Pilates</b>	Wednesday	19:00–19:50	June 12 – August 28 (Except July 31)	Jörinpark, Pratteln
<b>Body Toning</b>	Thursday	19:00–19:50	May 16 – September 5 (Except Aug. 1)	Margarethenpark, Basel
<b>Body Toning</b>	Thursday	19:00–19:50	May 30 – August 29 (Except August 1)	Wettsteinanlage, Riehen
<b>Qi Gong</b>	Friday	19:00–20:00	May 17 – September 6	Schützenmattpark, Basel
<b>Tai Chi</b>	Sunday	10:30–11:30	June 2 – August 4	St. Chrischona, Bettingen

**Aqua-Rhythm:** Intensive water aerobics in chest-deep water to party music from all over the world for an effective fitness training; swimming pool entry must be paid extra.

**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!

**Dance Together:** Different dance styles and choreographies to rousing music.

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

**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.

**Vital Fit:** In the open air, you train strength, endurance, and coordination training with playful exercises.

**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 3, 10, 17, and 24: American flag football with the “Basel Barbarians American Flag Football” club  
 July 1, 8, 15, and 22: Boxing with the “Boxclub Boxeo Gym”  
 July 29; August 5, 12, and 22: Lacrosse with the “Lacrosse Club Basel”

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

June 5, 12, 19, and 26: Slackline with the “Basel City Slackliners” club  
 July 3, 10, 17, and 24: Juggler with the “Juggler Basiliken Basel” club  
 August 7, 14, 21, and 28: Korfball with the “Korfball Basel” club