



Aktiv! im Sommer 2023

ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
Aqua-Rhythm	Monday	18:30–19:20	June 12 – August 21 (Except July 31)	Naturbad, Riehen
Aktiv! mit Vereinen*	Monday	19:00–20:00	June 5 – August 28 (Except August 1)	Schützenmattpark, Basel
Dance Fitness	Monday	19:00–19:50	June 5 – August 21 (Except July 31)	St. Johannis-Park, Basel
Gymnastics	Tuesday	19:00–20:00	May 9 – August 29 (Except August 1)	Schützenmattpark, Basel
Dance Together	Tuesday	18:30–19:20	June 6 – August 22 (Except August 1)	Dreirosenanlage, Basel
Yoga	Wednesday	18:30–19:30	May 31 – August 23	Erlenmattpark, Basel
Pilates	Wednesday	19:00–19:50	May 31 – August 23	Wettsteinanlage, Riehen
Outdoor Fitness	Wednesday	19:00–20:00	June 7 – August 9	Schulhaus Bettingen
Pilates	Wednesday	19:00–19:50	June 14 – August 23	Jörinpark, Pratteln
Aktiv! mit Vereinen**	Wednesday	19:00–20:00	June 7 – August 23	Schützenmattpark, Basel
Body Toning	Thursday	18:30–19:20	May 25 – August 24	Margarethenpark, Basel
Body Toning	Thursday	19:00–19:50	June 1 – August 24	Wettsteinanlage, Riehen
Qi Gong	Friday	19:00–20:00	May 26 – August 25	Schützenmattpark, Basel
Tai Chi	Sunday	10:30–11:30	June 11 – August 13	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.

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 5, 12, 19, and 26: Running (running technique) with the "Basel Running Club"

July 3, 10, 17, and 24: Roundnet with the "Roundnet Club Basel"

August 7, 14, 21, and 28: Fitness boxing with the "Boxteam Basel" club

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

June 7, 14, 21, and 28: Korfball with the club "Korfball Basel" (except August 1)

July 5, 12, 19, and 26: Lacrosse with the "Lacrosse Basel" club

August 2, 9, 16, and 23: Slackline with the "Basel City Slackliners" club