



Exercise Outdoors in Basel's Parks This Summer

If exercising outdoors in the beautiful parks of the Basel region with a large group of people sounds like a great way to get or stay in shape, this is for you! Gsünder Basel (Healthier Basel), a nonprofit organization dedicated to the promotion of good health for people in the Basel area, is organizing a variety of classes to keep you fit this summer. Thanks to support from the canton Basel-Stadt, their main sponsor Hirslanden Klinik Birshof, and other generous sponsors, all of these classes are free of charge. You can join in any time; no registration is necessary, simply show up and jump in! There are two programs: "Spring und Gump" is ideal for the whole family, whereas "Aktiv! Im Sommer" is best suited for adults. The table below lists the available classes by weekday. They offer a variety of classes suitable for all levels—something for everybody!

www.gsuederbasel.ch

ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
Zumba	Monday	19:00-19:50	June 11 – August 13	St. Johannis-Park, Basel
Spring und Gump	Monday	19:00-19:50	June 11 – August 13	St. Johannis-Park, Basel
Aqua-Rhythm	Monday	18:30-19:20	June 11 – August 13	Naturbad, Riehen
Gymnastics	Tuesday	19:00-20:00	May 22 – August 28	Schützenmattpark, Basel
Pilates	Wednesday	19:00-19:50	June 6 – August 29	Wettsteinanlage, Riehen
Fitness Dance	Wednesday	18:30-19:20	June 13 – August 22	Ackermatte, Kleinhüningen
Kultur in Bewegung	Wednesday	12:15-13:00	June 20 – August 8	Museum der Kulturen, Basel
Pilates	Wednesday	19:00-19:50	June 20 – August 29	Jörinpark, Pratteln
Yoga	Wednesday	18:30-19:30	June 27 – September 5	Erlenmattpark, Basel
Tai Chi	Thursday	19:00-19:50	June 7 – August 30	Wettsteinanlage, Riehen
Moving Margarethen	Thursday	19:00-19:50	June 21 – August 23	Margarethenpark, Basel
Spring und Gump	Thursday	19:00-19:50	June 21 – August 13	Margarethenpark, Basel
Qi Gong	Friday	19:00-20:00	June 1 – August 24	Schützenmattpark, Basel
Aqua-Rhythm	Sunday	16:00-16:40	June 24 – August 26	Schwimmbad, Pratteln

Aqua-Rhythm: An effective fitness training of intense water aerobics in torso-deep water to party music from around the world (entrance to swimming pool is extra).

Fitness Dance: Cool music and an energetic class leader will have your body going in no time; subsequent muscle training will also strengthen your entire body.

Gymnastics: Aerobics classes with great music for a varied and fun workout for the entire body.

Kultur in Bewegung: For the 125-year anniversary of the Museum der Kulturen Basel, Gsünder Basel will be offering a varied movement program for all generations. There will be coordination, strength, and endurance exercises to great music from around the world, in the beautiful courtyard of the Museum near the Münsterplatz.

Moving Margarethen: An entertaining session of exercises that change each week based on the varied programs offered by Gsünder Basel.

Pilates: Strengthens the deep muscle groups that provide a healthy and proper posture by means of strength exercises, stretching, and conscious breathing.

Qi Gong and Tai Chi: Trains coordination and mobility through Chinese meditation and exercise involving a series of circular and harmonic movements.

Spring und Gump: A playful and free movement program with jumping, playing, and juggling for kids and their parents; ideally suited for kids ages 4 and up, although younger kids are welcome.

Yoga: A relaxing hour in the new Erlenmattpark for yoga trainees of all levels.