



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 everyone!

www.gsuenderbasel.ch



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).

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

Clara Tanzt: Let yourself be inspired with varied Latin American-style dance classes like Merengue, Bachata, Salsa, and Zumba. Hip hop as well as specially designed movement meditation are also part of the class.

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

Gym 'n' Dance: With aerobics movement sequences from dance and strengthening exercises you can move in a variety of ways and strengthen your muscles.

Latin Dance: Combines dance, fitness, and fun with Latin American rhythms—party mood guaranteed!

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 exercises 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: Yoga means harmony and well-being for body, mind, and soul. For yoga practitioners of all levels. Mats are provided.

ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
Latin Dance	Monday	19:00–19:50	June 10 – August 12	St. Johannis-Park, Basel
Spring und Gump	Monday	19:00–19:50	June 10 – August 12	St. Johannis-Park, Basel
Aqua-Rhythm	Monday	18:30–19:20	June 10 – August 12	Naturbad, Riehen
Qi Gong	Monday	18:30–19:30	July 1 – September 9	Park St. Claraspital, Hirzbrunnen
Gymnastics	Tuesday	19:00–20:00	May 14 – August 27	Schützenmattpark, Basel
Clara Tanzt	Tuesday	19:00–19:50	June 25 – August 27	Claramatte, Basel *
Pilates	Wednesday	19:00–19:50	June 5 – August 28	Wettsteinanlage, Riehen
Gym 'n' Dance	Wednesday	18:30–19:20	June 12 – August 14	Ackermatte, Kleinhüningen
Pilates	Wednesday	19:00–19:50	June 19 – August 21	Jörinpark, Pratteln **
Yoga	Wednesday	18:30–19:30	June 12 – August 28	Erlenmattpark, Basel
Tai Chi	Thursday	19:00–19:50	June 6 – August 29 (except August 1)	Wettsteinanlage, Riehen
Body Toning	Thursday	18:30–19:20	June 20 – August 29	Margarethenpark, Basel
Spring und Gump	Thursday	18:30–19:20	June 20 – August 29	Margarethenpark, Basel
Qi Gong	Friday	19:00–20:00	May 17 – August 30	Schützenmattpark, Basel
Aqua-Rhythm	Sunday	16:00–16:40	June 23 – August 25	Schwimmbad, Pratteln

* In the event of bad weather, the class will be held in Wesley Haus

** In the event of bad weather, the class will be held in the Turnhalle "ADH"