

Exercícios de Bola / Ball Exercises

Instructor: João

A core strengthening class which is designed to improve range of motion, strength, stability co-ordination and balance.

Used by a wide range of participants, from top athletes to the complete novice, the Fitball provides an excellent workout which will result in a stronger core, an improved posture and better body alignment.

Fitball is also an ideal progression for those who currently undertake a mat based Pilates Class.

