



## Fit Ball Exercise

The fit ball exercise has successfully been used for over four decades in many areas of fitness and wellness. It is ideal for all ages and fitness levels with some core benefits, such as:

- Improved endurance, strength and mobility
- Better posture, balance, body awareness and coordination
- Improved functional movement for everyday life

<b>Location</b>	Fitness Studio
<b>Instructor</b>	Activity Instructor
<b>Level</b>	Beginner - Advanced
<b>Availability</b>	Every day
<b>Booking</b>	24 hours advance notice (Subject to availability)
<b>Duration</b>	60 minutes
<b>Private Session</b>	1,000 Baht/Person
<b>Class lesson</b>	200 Baht/Person