



## **Ball Fusion Stretch: Master Class By Anna-Louise Sebborn**

This is a master class that is suitable for group fitness trainers who already teach classes using the stability ball and are looking for new ideas and inspiration, for personal trainers who want some more ways of utilizing the ball for core and stretch work with their clients and for any fitness enthusiast wanting to focus on lots of core strengthening, balance and deep stretching.

The use of the stability ball is integrated into yoga poses, basic Pilates moves, traditional dance and aerobic stretches and physiotherapy exercises and blended into a flowing class that will make you sweat and raise the heart rate!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	N/A	N/A	N/A