

 floatfit **BALANCE**
AQUAPHYSICAL



low energy



275 calories



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Inspired by Yoga and Pilates.
30 minutes designed to boost mental
wellbeing and challenge balance.

Merging breath and movement to
strengthen body and mind.

Participants improve body
imbalances and strengthen core stability.



Increase Flexibility



Build General Fitness



Improve Mental
Wellbeing



Enhance Core
Stability