


# Education Opportunities



**SmartFITT**


## Exercise Ball Class

Our mission is to provide an environment where individuals can learn how to use their ball, build strength, tone muscles, improve balance and become more flexible. Each class is held at Choice Therapy and consists of eight, 45-min sessions led by an Exercise Physiologist. Cost is \$45 per individual.

- Core Strength
- Toning
- Flexibility
- Balance
- Endurance

Eight  
**45 min**  
sessions

Call Beth to Register (218) 779-2873

**Choice Therapy**  
*Physical & Occupational Rehab Services*

677 Anne St. NW Suite E  
Bemidji, MN 56601  
Phone: 218.444.8280  
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[www.ChoiceTherapy1.com](http://www.ChoiceTherapy1.com)

**If you are interested in beginner or intermediate exercise ball classes, please contact Beth at (218) 779-2873 for more information.**