



Meggaball®

A challenging low impact, hi-energy, full body workout on a Swiss ball to an exhilarating Caribbean beat.

Forget your worries and get lost in the moves and the Ragga beat. Leave with a tough workout-induced endorphin rush to help you feel good all day.

Let's Get Moving

Join the Meggaball Movers. Get the latest news on classes, videos and Winston's health and fitness tips.

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