

- [Kesgrave Community Website](#)
- [A-Z](#)
- [Clubs](#)
- [Club Timetable](#)
- [Venue Timetable](#)
- Details

## Balanced Body Pilates (Beginners/Improvers)

Thursday: 11:00–12:00



### Introduction

Pilates encourages sound movement patterns that can be used in daily life to help prevent injury and strengthen your body in a gentle and mindful ways. It helps to strengthen your core, elongates and strengthens muscles, improving muscle elasticity and joint mobility.

### Location

-  [Millennium Jubilee Hall, Millennium Way, Kesgrave IP5 2EN](#)

### Contact

-  **Rosie**
-  **07816 814288**
-

 [balancedbodypilates@hotmail.com](mailto:balancedbodypilates@hotmail.com)

•

 [@balancedbodypilatesrh](#)

•

 [bb-pilates.co.uk](http://bb-pilates.co.uk)

Last updated: 23 July 2021

Location: Millennium Jubilee Hall - IP5 2EN