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Balanced Body Pilates (Beginners/Improvers - Session 1)

Tuesday: 09:30–10:30



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

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Location: Millennium Jubilee Hall - IP5 2EN