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Core & More Pilates - Intermediate

Friday: 09:30–10:15






Introduction

Pilates is a gentle low impact, non-aerobic exercise method, which lengthens and strengthens the muscles, and improves posture/alignment, without stressing the joints or the heart. Pilates is recommended by health professionals as one of the safest forms of exercise available.

Location

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

Contact

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www.hdcoreandmore.co.uk

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Location: Millennium Jubilee Hall - IP5 2EN