

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

Fitness Yoga

Thursday: 09:15–10:15



A yoga programme that incorporates deep stretch and yoga postures. Every element of Freestyle Fitness Yoga is validated from a fitness perspective.

Anyone taking part in a Freestyle Fitness Yoga class can expect to increase their flexibility greatly in 8 weeks. You will learn how to identify the body's stabilising muscles and use them effectively and efficiently to improve their posture and move with more confidence.

Location

Millennium Jubilee Hall, Millennium Way, Kesgrave IP5 2EN

Contact

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Last updated: 04 January 2020

Location: Millennium Jubilee Hall - IP5 2EN