

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

## Tracey Whinney Pilates (Term Time)

Monday: 13:00–14:00



### Introduction

Benefits of Pilates include:

- Improved Posture
- Improved Flexibility
- Increased Strength
- Stronger Core

Please bring your own mat.

### Location

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[Kesgrave Scout Hall, Twelve Acre Approach, Kesgrave IP5 1JF](#)

### Contact

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**Tracey Whinney**

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 [traceywhinney.co.uk](http://traceywhinney.co.uk)

Last updated: 23 July 2021

Location: Kesgrave Scout Hall - IP5 1JF