

GETFIT2RIDE

*JOIN OUR 6 WEEK PROGRAM
SESSIONS TO INCLUDE RIDING THEORY FOLLOWED BY PILATES BASED
EXERCISES IN THE STUDIO SPECIFICALLY DESIGNED FOR RIDERS*

*PILATES EXERCISES HAVE MANY BENEFITS TO RIDERS
AND HELP IN ACHIEVING :*

- CORE STABILITY
- FLEXIBILITY
- CORRECT POSTURE
- BODY AWARENESS AND CONTROL
- CORRECT ALIGNMENT OF THE SPINE
- AN EFFECTIVE INDEPENDENT RIDING POSITION

TRIAL SESSION MONDAY 1st JUNE 2009 £10

6 WEEK PROGRAM STARTS MONDAY 8TH JUNE £60

AT ABSHOT COUNTRY CLUB 7.30-9.00 PM

FOR FURTHER DETAILS CALL:

JULIA COLES - 07780 667122

BHSAI RIDING INSTRUCTOR

GEORGIA EMM - 07857 608646

*LEVEL 3 PILATES INSTRUCTOR
AND FITNESS TRAINER*

OR VISIT : WWW.EQUIAD.CO.UK