

# Pilates

for

## Dressage Riders

**At Kingswood Equestrian Centre  
Wolverhampton WV7 3AH**



With Louise Lambert - Sports Focused Pilates Instructor

**A six week course - £30.00**

**(class size limited)**

**Commencing Thursday 29<sup>th</sup> October 2009**

**7.15pm – 8.15pm**

This is a mat based class using controlled movements to strengthen the deep core abdominal muscles, improving body shape, correcting spinal alignment and posture.

Pilates will help you to:

- Create a Deeper Seat
- Develop balance and symmetry
- Improve Flexibility
- Enhance low back suppleness
- Understand your own posture and how to improve it



To reserve a place or for further information,  
please contact **Debbie Tandy** on 07828 201702  
or email Debbie at [debbietandy@uwclub.net](mailto:debbietandy@uwclub.net)