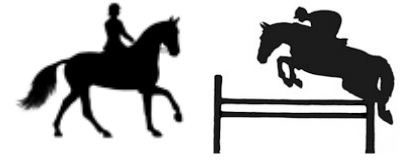




# Pilates for Equestrians



The practice of the Pilates Method strengthens and supple the entire body. Focusing on the muscles of the abdomen, back, hips, and thighs, Pilates stabilizes the torso and then works the arms legs and head in relation to that stability. Each exercise has a purpose, goal and a dynamic. Riders will develop increased strength, flexibility, coordination, balance, control and awareness of their entire bodies. All this adds up to a more balanced seat, greater control and strength in the arms and legs and a more supple body to follow and respond to your horse's movements.

- **Mondays** from January 22, 2007 through March 19, 2007 (9 classes total)
- **6:15 - 7:15 pm** at the Rose Bowl Riders Clubhouse
- **\$145** for Rose Bowl Rider's members, **\$162** for non-members, no single classes
- **TRY THE FIRST CLASS AND DECIDE IF PILATES IS FOR YOU!**

This class will be Pilates mat work. Mastering the mat exercises is the ultimate goal of the Pilates Method; strength and control with out the aid of any apparatus! Each class meeting we will expand the challenges. As you progress with Pilates, you will do more exercises and increase your pace instead of repetitions. It's fun, challenging and great for your mind and body.

About the instructor- Grete Gryzwana is an experienced dance performer, teacher and choreographer. In 1999, Grete received her Pilates training and certification from Joseph Pilates protege, Romana Krysanowska. Since then, Grete has been an in demand Pilates trainer to celebrities, athletes, and performing artists. A lifelong equestrian, Grete understands the benefits of Pilates for riders and their horses.

There are no prerequisites for this class, however if you have any conditions or injuries, please advise instructor. If you are pregnant and have never participated in The Pilates Method of Body Conditioning, this class will not be appropriate. **PLEASE BRING YOUR OWN MAT-WEAR COMFORTABLE FORM FITTING CLOTHES - NO SHOES NECESSARY.**

For more info. please call Grete at (818) 679-5162  
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(818) 790-8341

[www.rosebowlriders.org](http://www.rosebowlriders.org)

