



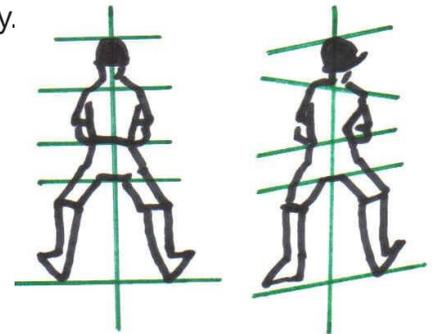
**Having trouble keeping your seat in the saddle?  
Improve your riding experience. Schedule time in studio with us.**

**W**ant to enjoy your horse and rides more? **S**ore after rides with tight shoulders, back or leg pain?  
**F**rustrated that your horse doesn't respond to you?

We all have imbalances in our bodies. These imbalances significantly impact your relationship and connection with your horse. How you move when you are not riding impacts how you function while riding.

Pilates increases awareness improves flexibility, balance and strength. These gains will allow you to increase your riding ability and experience.

- Gain control of your body by increasing core strength and spinal mobility.
- Create a deeper seat.
- Become stronger by increasing flexibility, strength, and balance.
- Improve posture.
- Increase hip stability and independence.
- Maintain control of neutral pelvis so you can move with horse.



**Mention this flyer to receive free evaluation and pilates session.**

**B3STRONG.COM**  
to schedule call the studio  
205.601.0077

