



SOUTHERN EVENTING AND DRESSAGE ASSOCIATION PRESENTS

Pilates for Riders

Do you want to be a stronger, better balanced rider? Who doesn't?!!

Join us in the studio at Ivy Vitality in downtown Folsom and learn how Pilates can help you become a better rider through core strength and flexibility. Class is limited to 10 spots; additional classes may be added if interest warrants. Register early to reserve your space.



Dr. Christina Melancon

Naturopathic Doctor, Certified Personal
Trainer, Certified Pilates Instructor
ivyvitality.com

ALL THE DETAILS

Date: March 19, 2024

Time: 6:30PM–approximately 8:00PM

Cost: \$20 per person (cash or check
accepted evening of the event)

Location: Ivy Vitality
82252 Highway 25
Folsom, LA 70437

Bring: Yoga mat, towel, & water

Register: Contact Nicole Miller
(vicepres@sedariders.org
504-458-6794) to reserve
your space)

What to expect:

Dr. Christina will provide a short lecture on the benefits of Pilates for riders, followed by the exercises. No experience necessary. This class is appropriate for all ages. Herbal tea will be provided.

We hope that there is enough interest that we could have an ongoing Pilates for Riders class! Come out and see the benefits of this exercise program!