



Please Join Us!
Dressage University
Pilates for Dressage Riders

An exclusive Pilates class that incorporates the fundamentals of riding into exercise and stretches to help strengthen core muscles

When: September 15, 2018

Time: 2:00 - 3:30pm

Where: BodyQuest Pilates – 2900 E. Broadway Blvd. Suite 138

Cost: No charge for TDC members!
\$10 for non-TDC members

Instructor: Cathy Blodgett – our fellow TDC member!

Limited Space! Please RSVP to Kathryn.defilippo@gmail.com to reserve a spot in the class.

Other: Wear comfortable clothes that you can move around in. Shoes will not be worn, socks are okay. Mats provided. Bring towels if desired and water for hydration!



About the Instructor: Cathy Blodgett lives in Green Valley and has been teaching Pilates since 2008. Her movement background is in dance and sports, a life-long ballet student, dance aerobics and horseback-riding enthusiast. Her own neck and back problems make her especially helpful addressing issues in the healthy but ageing body, using the Pilates method and stretching for improving posture and alignment. Cathy is Pilates Method Alliance certified (2011) and licensed for Buff Bones®, Fletcher Pilates Barrework™, Floorwork® and Towelwork® in 2012. American Bone Health certified 2014. Buff Bones® certified in 2015.