

Rider-Specific Pilates Training

"Chaps On, Chaps Off" ©



Your horse is fit for purpose - are you?

During my 15 years teaching Pilates and being involved in the equestrian scene in Dorset I have so often seen riders that prioritise their horse's well-being over their own. I'm offering you the chance to learn how to correct that imbalance.

"Chaps On, Chaps Off" © is a routine of Pilates exercises that trains the rider's body to become stronger, more supple, balanced and level. The routine is massively practical, designed to be performed outdoors on a small bale and in your riding cloths - removing any barrier for you to crack on and improve your own fitness and movement health.

You will benefit from my many years experience of spotting movement restriction and imbalance while offering exercises to foster correction.

"Chaps On, Chaps Off" © is suitable for the 'basically sound' sporting rider of any age.

See you on a small bale soon!

- ▶ Yard visits (in line with COVID-19 rules).
- ▶ Online classes from the convenience of your own home or yard.
- ▶ Sessions 60 minutes max.
- ▶ Pricing £5 per person for online class.
- ▶ From £7.50 for yard visit (depending on group size and location)
- ▶ Private tuition £40
- ▶ Please get in touch for more information.

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