



U Blissful Balance

RIDING PROGRAM with Holly

MONDAYS & WEDNESDAYS 6:45PM

Price: \$200/member

february 13th - march 7th

Wouldn't it be great to understand your body, how it is balanced in the saddle, and how that relationship can create a more harmonious ride with your horse?

Improve your balance and core stability in the saddle with this four week program! Whether you are a beginner or advanced rider, you and your horse will benefit from this program's cardio, stretching, stability ball training and resistance band workout.

