



“Come Join the Fitness Fun!”

Getting Fit to Ride

**“Exercise Classes for Equestrians”
Day and Evening Classes
Langwood Farm, Langdon, NH**

**Pilates, Stretching and Yoga.
Promoting flexibility and strength.
Improving balance, suppleness and posture.**

“First Time Free Introductory Session”

Fitness routines - by equestrians - for equestrians!

**Fun and appropriate for all riding disciplines.
Stay fit and motivated exercising with friends.
Comfortable and carpeted facility.**

For information and reservations contact

Joan Stratemeyer (603)835-2423 – joans@myfairpoint.net