HorseSource.org Directory Listing

RiderPilates LLC - Beth Glosten



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Location
906 36th Ave
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OVERVIEW

RiderPilates, owned by Beth Glosten, MD, in Seattle, WA, is a pilates studio geared to the horseback rider. Beth offers private pilates sessions on machines. Beth will also come to you to teach rider position-focused riding lessons. She travels to teach clinics that can include a lecture/seminar on posture and riding biomechanics, a group movement class using exercise balls and other props, and individualized, private 45-min riding lessons. View website for details about her book, The Riding Doctor and DVD, Ride in Balance. Books, Magazines, DVD & Video|Clinicians|Rider Fitness & Related