



Rider Fitness Workshop

**6:30– 8:30pm Ashton Community Centre
Thursday, January 28, 2010**

Unmounted training helps make your time in the saddle more effective by improving things like:

**Posture Stamina
Core strength Prevent Injury**

“We owe it to our horses to make sure we are as fit and flexible as we expect them to be.”

Gina Smith, 3x Olympian

“You have to have very precise control. For example, you may need to resist the horse’s mouth a little while maintaining a soft elbow. A lot of riders would just stiffen up the whole arm. I tell students to go and get fit. When they do, their riding has improved tremendously.”

Amy Millar

Workshop Description: You are the biggest factor in your horse’s way of going. The way you carry your weight, move and use your body in the saddle affects the way your horse moves— either positively, or negatively. Participants will learn principles of fitness for riders and have an opportunity to practice exercises. Topics will include awareness, posture and gymnastic straightness (symmetry & balance). The workshop is interactive, and suitable for all riding disciplines and fitness levels. There will be handouts.

What to Bring: fitness ball, exercise mat, water, wear comfortable clothing.

Fee: Just \$25/person

What else is available: Depending on interest, this workshop may be followed up with a regular fitness class

Get the ball rolling on your New Years’ fitness & riding goals!

Signup by contacting:

Kelly Barclay, (613) 257-8564 or

Equifitt: (613) 258-4866 personaltraining@equifitt.com

Subscribe to Equestrian Monthly Fittips (FREE)

Or download Rider Fitness eBooks at: www.equifitt.com

Clinics * Workshops * Private Assessment * eBooks * Online Coaching