



Make your time in the saddle more effective by improving:

**Gymnastic straightness Awareness**

**Stamina Core strength**

**Muscle memory & movement patterns**

*You avoid injury better, apply more effective aids, and  
ride at your best, longer.*

### CLINIC OPTIONS:

*“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**

1. **Equifitt Rider Fitness Clinic** includes rider observation, bio-mechanic assessment, and an unmounted workshop where riders and auditors learn and practice exercises for awareness, posture and developing true gymnastic straightness (symmetry, muscular balance and flexibility in movement). Riders take home assessment notes & individualized programs.

2. **Co-clinic** You can also request assessment during your riding lesson, or another scheduled clinic. Doubling up is a good way to combine activities where scheduling can be a challenge. Observation does not interrupt the scheduling for the main riding clinician.

3. **Mind Body Clinic** Combined clinic with equestrian **sport psychologist** April Clay of [www.ridingoutofyourmind.com](http://www.ridingoutofyourmind.com) .

4. **Yoga & Fitness for Riders** Combined clinic with **yoga for riders** specialist Louise Sattler of [www.gallopingyoga.com](http://www.gallopingyoga.com)

### **One & Two Day Formats Available**

*Suitable for all disciplines & ability levels.*

**Want to get your fitness activities in line with your riding goals? You don't need to wait for a clinic: ask about Online coaching packages or check out rider fitness ebooks at:**

**[www.equifitt.com](http://www.equifitt.com)**

We'd love to answer your questions at:

**( 613 ) 258-4866 / [personaltraining@equifitt.com](mailto:personaltraining@equifitt.com)**

Sign up for FREE Monthly Rider Fittips at [www.equifitt.com](http://www.equifitt.com).

**FREE!**

**NEW!**