

Fitness for Equestrians

Low impact small group workout for riders at any level/ ability.

Sport-specific off-horse work complements your riding to help you :

- Achieve your goals faster
- Make your time in the saddle more efficient
- Improve posture, alignment and balance
- Increase stamina for long rides / show days
- Reduce risk of injury.

Get back in shape, correct posture imbalance, and reach your 2008 fitness and riding goals. Come join a fun, affordable, small group of like minded riders in a welcoming environment. All exercises can be done at your own pace.

Where: Vernon Community Centre

When: Wednesdays, 5:30-6:30pm

Phone: **613-258-4866**

E-mail: personaltraining@equifitt.com

