



NEWS RELEASE

EQUIFITT personal fitness training offers new small group fitness class for riders in Vernon/Osgoode/Metcalf area

– In response to client demand, a small group off-horse exercise class is now available in Vernon–

KEMPTVILLE, ON February 28, 2008 – EQUIFITT .COM, personal fitness training company and leader in equestrian fitness services in Ontario, announced a new small group fitness for riders class held at the Vernon Community Centre, just off of Bank Street (Highway 31).

“The class was the result of a client request. Turning the workout into an open small group class made personal training very affordable for participants. At the same time, working out together is a lot more fun,” said Heather Sansom, owner of EQUIFITT and personal fitness trainer. “Running the class in a small group personal training format means that each participant can go at their own pace, or work on exercises which meet their specific needs. There is no pushing past your limits or struggling to keep up.”

The class is geared to the specific needs of riders, and focuses on lower impact exercises designed to improve muscular balance, posture, flexibility and body awareness which has a direct impact on riding. The course started on February 20, and will run until March 26. The class may be continued if there is sufficient interest, and would also benefit non-riders interested in developing core strength, stamina and flexibility.

“Variations will be offered for the exercises,” Sansom said, “so that the class can accommodate all fitness levels and everyone can participate according to needs and ability. The classes will be lower impact total-body workouts with an emphasis on core strength, balance and flexibility.”

Participants can sign up by contacting:

Heather Sansom, EQUIFITT.com personaltraining@equifitt.com 613-258-4866

Kylie Panciuk, WindDance Lane *Horse Transport – Arena Footing – Sport Horses* info@winddance.ca
613-821-0819

Participants need to bring: an exercise ball, exercise stretch bands and/or free weights, yoga or exercise mat

About EQUIFITT.com Personal Fitness Training and Equestrian Fitness

EQUIFITT.com, based in Kemptville, ON, uses best practice in personal fitness training to develop balanced and sustainable personalized training programs that most clients can do from home. EQUIFITT services are unique in the area in offering non-riders and riders the option to train from their home, or the private mini-studio, and in offering equestrian workshops and clinics. EQUIFITT is a leader in fitness for equestrians in Ontario, and one of the first personal fitness services to offer equestrian-specific training in Canada.

For more information, contact: Heather Sansom
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