



NEWS RELEASE

Three new ‘Fit for Summer’ courses suitable for non-riders and equestrians will be offered to the public at University of Guelph, Kemptville Campus

– The success of the EQUIFITT/ Kemptville Campus course ‘Fit to Ride Bootcamp’ has resulted in creation of three new fitness courses available to the public. The courses will be low-impact total body workouts, with an emphasis on core strength, balance and flexibility, and suitable for all ages/fitness levels–

KEMPTVILLE, ON March 26, 2008 – EQUIFITT .COM, personal fitness training company and leader in equestrian fitness services in Ontario, today announced three new fitness courses available to the community at University of Guelph, Kemptville Campus, Business Development Centre.

“The EQUIFITT vision is to help the local population in the area achieve sustainable fitness by making fitness more accessible,” said Heather Sansom, EQUIFITT owner and personal trainer. “The Fit to Ride class just finishing was so popular with non-riders, that we decided to run the class again and also make two more times available. The class will still be very suitable cross-training for riders. The emphasis is a little different than your standard workout class, using more low-impact work which is easier on joints, and a lot of focus on core strength, balance and flexibility. In a standard class, core, balance and flexibility are often squeezed in at the end, but they’re a main part of my classes. The format is still very suitable for riders, but because so many non-riders were attracted to the class, we wanted to make more times available to accommodate. With summer coming up, it’s a really great time to think about getting in shape, while keeping it fun and even social- several participants come with friends or family members. Coming to the class once a week helps people stay motivated to do fitness activities during the week.”

The courses are titled ‘Fit for Summer’. Participants can be any fitness level. “There is probably a 25 year range in ages of the participants,” Sansom said, “and there is a wide range of fitness levels, but everyone has been getting the workout appropriate to their needs and ability, and enjoying themselves. Running the classes with the College makes ten weeks of training very affordable.”

The courses will be on Mondays at 6:30pm, Tuesdays at noon, and Wednesdays at 7:30pm starting on April 7-9, and will be held at the Kemptville Campus. Participants can sign up by contacting Maureen Venables at Kemptville Campus, 1-800-585-1784, ext. 619. Exercise balls, yoga-type mats and resistance bands (or free weights) are required, and participants can purchase items they may not already have at the Campus bookstore.

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 offers training in-home or the private mini-studio, standalone fitness assessments and programs, and fitness for equestrians services: classes, clinics, workshops, private training.

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