



SUNDAY, OCTOBER 16, 2016 RIDER AS AN ATHLETE, FITNESS FOR THE YOUNG RIDER

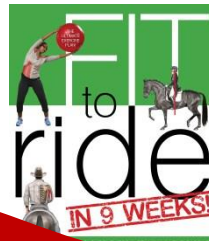
Register on or before
October 10th

With EquiFitt's Heather Sansom

Take advantage of this great opportunity for our Pony Club members. Improve your riding fitness over the winter using great tips from Heather, build a program that works for you with hands on practice and feedback in this 2-hour workshop.

Heather has extensive knowledge and experience working with equestrian athletes of all ages and levels. She can help you with exercise and fitness tips.

Don't miss this exciting opportunity, Heather resides in Ottawa and we are lucky she has time while in the Guelph Area to share her expertise with us. Heather is the author of many articles and books on fitness for riders. Check out her website equifitt.com



Only \$15.00 per person
12 min/20 max

**2 hours
8:45-10:45 AM**

Improve your riding!

**Strengthen your
position!**

**Increase your
balance and
coordination!**

**See the difference
in your Horse with
your improvements.**

YU FAMILY FARM

7794 Stone Road East
Guelph Eramosa
1km east of Watson

Contact: Gillian

@ 905-807-1078

Gillian.rosserasmi@gmail.com
to register

Sunday, October 16, 2016
8:45-10:45 am