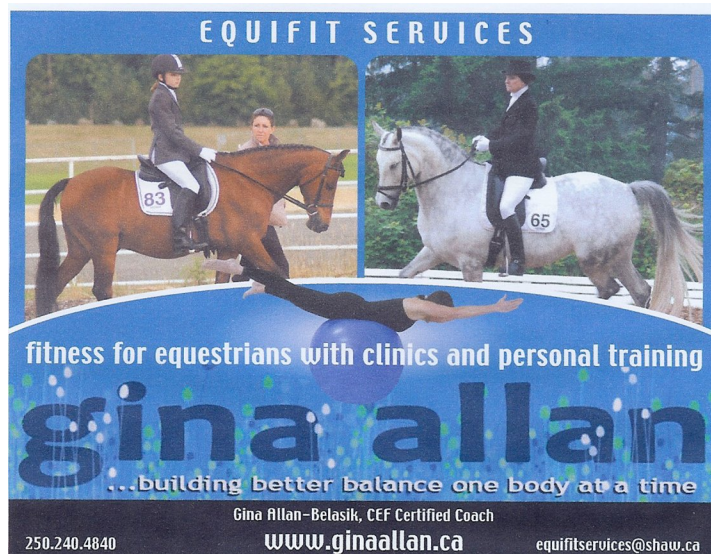


# EQUIFIT FITNESS CLASSES

Instructor: Gina Allan- Belasik CEF Certified Coach

Equifit Fitness classes designed for all riders –  
dressage, hunter/jumper, trail, western, recreational or competitive.



The **Equifit Fitness** program is a system of exercises designed to enhance the foundation of your riding through awareness of position and improved core strength. This exercise program specifically targets core stability, strength and balance to help riders develop a secure and stable seat. By improving and maintaining a healthy level of physical fitness you reduce the possibility of misalignment injuries and improve your skill and communication with your horse.

## **Equifit Fitness classes:**

2600 Powder Point Rd. (St. Mary's Parish Hall), Nanoose Bay  
Prepaid by the first night of the session \$45 Session of 5  
Drop in \$10, \$5 for students

### **Session 1**

Tues., Jan 4/11	6:30 to 7:30
Tues., Jan 11/11	6:30 to 7:30
Tues., Jan 18/11	6:30 to 7:30
Tues., Jan 25/11	6:30 to 7:30
Tues., Feb 1/11	6:30 to 7:30

### **Session 2**

Tues., Feb 8/11	6:30 to 7:30
Tues., Feb 15/11	6:30 to 7:30
Tues., Feb 22/11	6:30 to 7:30
Tues., Mar 1/11	6:30 to 7:30
Tues., Mar 8/11	6:30 to 7:30

Wear comfortable clothing & bring a mat, exercise ball, water bottle & sense of humour!

For more information contact Gina Allan at: **250.240.4840**

[equifitservices@shaw.ca](mailto:equifitservices@shaw.ca)

[www.ginaallan.ca](http://www.ginaallan.ca)