

EQUIFIT FITNESS CLASSES

Instructor: Gina Allan CEF Certified Coach

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

*Tuesday, Sept 27th, 2011, 6:00 to 7:30 pm **Free Information Session** - Gina will give a brief presentation, including handouts and allow time for questions, this will be followed by an Equifit class, so come on down and try it out, both you and your horse will be glad you did!*

Space is limited so please RSVP to equifitservices@shaw.ca

Session 1

Tues., Oct 4/11 6:00 to 7:00
Tues., Oct 11/11 6:00 to 7:00
Tues., Oct 18/11 6:00 to 7:00
Tues., Oct 25/11 6:00 to 7:00
Tues., Nov 1/11 6:00 to 7:00

Session 2

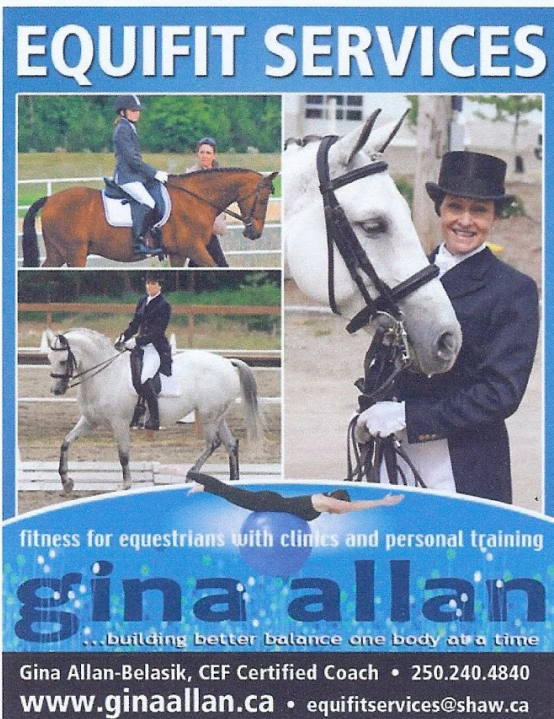
Tues., Nov 8/11 6:00 to 7:00
Tues., Nov 15/11 6:00 to 7:00
Tues., Nov 22/11 6:00 to 7:00
Tues., Nov 29/11 6:00 to 7:00
Tues., Dec 6/11 6:00 to 7:00

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

www.ginaallan.ca



EQUIFIT SERVICES

fitness for equestrians with clinics and personal training

gina allan
...building better balance one body at a time

Gina Allan-Belasik, CEF Certified Coach • 250.240.4840
www.ginaallan.ca • equifitservices@shaw.ca

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:

2925 Northwest Bay Rd.

(Nanoose Place) Nanoose Bay.

Prepaid by the first night of the session
\$45 for 5 sessions

Drop-in rate \$10 per visit