



Riding Fit

Fitness Training for Riders



Body Conditioning for Riders

Welcome to Riding Fit, the Body conditioning and get fit programme for riders! This unique course will help you prepare and understand your body for your equestrian event, improve your confidence and balance your body to meet the demands of riding.

Benefits

- Feel more confident in the saddle.
- Improve your posture, stamina and balance for riding.
- Become more flexible.
- Experience improved coordination.
- Become more body aware.
- Measure your change using personal scoring with fitness testing.
- ... and more.



Book your place now phone Amy 086 0707114

Location: Kill GAA, Co. Kildare. Kilternan South County Dublin.

Start date: Please phone to enquire. Time: 8pm. Duration: 1 hour once per week.

Cost: €95 for 8 weeks, fitness testing and individualised homework included.



More about Amy

Amy, owner of Riding Fit, is an experienced equestrian coach BHS ISM, HSI level 1 and a fitness instructor CEHF.

She is a Stott Pilates instructor and is the RDS Large Riding horse and side saddle champion 2010.

She also holds a BSc in Equine Science from the University of Limerick and has a particular interest in the rider as an athlete.

Stability, Flexibility, Strength Specific Exercises, Fitness Testing

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