



## **In order to make the most of your riding, why not combine your lessons with a structured exercise programme?**

We believe that by improving your **FITNESS, BALANCE, CO-ORDINATION and CONFIDENCE** we can help you fulfil your potential and make your horse riding experience an even more enjoyable one

We offer a range of lifestyle and fitness enhancement programmes each designed to meet your specific and individual needs

By helping you improve your :

- **MUSCULAR STRENGTH & ENDURANCE**
- **AEROBIC FITNESS LEVELS**
- **FLEXIBILITY & JOINT MOBILITY**
- **CORE STABILITY / CO-ORDINATION**

We hope to help you achieve:

- **INCREASED METABOLISM**
- **REDUCTION IN RISK OF SERIOUS INJURY**
- **IMPROVED POSTURE**
- **MORE ELEGANT RIDING STYLE**

As well as the benefits more specific to horse riding, a safe and structured exercise programme can lead to improvements in **BLOOD PRESSURE, CARDIAC EFFICIENCY and REDUCED BODY FAT%**

COMING SOON TO M.E.C

- Tuesday 24<sup>th</sup> November – FiveStar Health “Fit to Ride” presentation evening
- TBC – Sport specific fitness & circuit training classes for ADULTS & CHILDREN

**Please feel free to register your interest with Kerry or Dan via e-mail at [dgrainersport@aol.com](mailto:dgrainersport@aol.com) or for One2One Personal Training contact Dan (07732520006) or Jenny (07971527053)**

Please note, Personal Training may be subject to Membership of the Belfry Leisure Club