



Personal Best Performance Centre Circuit Training for Riders



With Louise Broom Physiotherapist, Pilates instructor and Personal trainer
At

Personal Best Performance, Sessay, Thirsk, N York's

Starting Wednesday 29th February

7pm – 8pm

This is a 6 week course

£36 per person BD Members & £40 to non BD members
Spaces are limited so book early to avoid disappointment!

The course will consist of:

Introduction

Stretching exercises

Core Stability

Mechanical horse

Weights

All simple exercises for Dressage riders that can also be practiced at home.

To reserve your place please send a cheque made payable to BD with your application form
By 1st March

To: Sarah Huntridge, 1 Chapel Garth, Markington, Harrogate, HG3 3NY

Bookings are non-refundable if a cancellation is made 48 hours prior to the date.

We will hold a waiting list.

Wear clothing you can move freely in and also that will keep you warm.

Places are limited.

Name: _____

If you are making a booking for more than one person, please give the names of other participants: _____

Email: _____

Contact No: _____

BD No: _____

Any medical conditions that we should be made aware of?
