



**January 12, 2008**  
**Noon to 4 p.m.**

# **Fit, Focused, Forward**

## **Rider Fitness Workshop - \$45**

**Lead by Mike Pilato**

[www.fitfocusedforward.us](http://www.fitfocusedforward.us)



**Specific presentation for the Equestrian Athlete.**

Equestrians are truly unique athletes. This is the first program designed that has adapted research from sports medicine, biomechanics, injury management and performance enhancement, and tailors it to the specific demands of the equestrian athlete.

This helps your horse by improving your ability to communicate without "static".

Your horse will thank you for it!

**Participants need to:**

- ??Wear loose clothing & sneakers;
- ??Bring pair of old socks, towel or rope, yoga/ exercise ball, resistance band or bungee, calendar, note paper, pen/pencil.
- ??Some items will be available on site.

Limited Space  
available, sign up  
early

**Penn National Bank**  
**Rtes. 23 & 100**  
**Bucktown, PA**

**Book & DVD**  
**available for \$30.**

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