



*Bethany Rose Horobin*  
INTERNATIONAL • DRESSAGE

## 28th April Boyton Hall Polework and Rider Fitness Day



On Sunday the 28th of April, Bethany Horobin, an international Dressage rider and Harry Ludlow, a qualified personal trainer are coming together to do a rider specific fitness clinic at Boyton Hall, Suffolk.

There will be a 45 minute polework lesson with Bethany, who has trained her horse to inter I, competed at dressage internationally and up to 1\* (now known as 2\* eventing), She has her UKCC dressage coaching exam and is fully insured and first aid trained. There will be half an hour to cool off your horse and change into your joggers!

This will be followed by a 45 minute personal training session with Harry, he is a fully qualified personal trainer and is also insured. Together they have written several workout programs specifically designed for equestrians, helping to develop relevant muscle groups. This is suitable for all ages and abilities but you must make us aware of this before entering so we can put you in similar groups of abilities.

Both the polework sessions and the personal training sessions will be in groups of 3 people, and it will cost £35 a person.

Please feel free to give me a call on 07588 370996 or message me on my Facebook page Bethany-Rose Horobin Dressage for booking or enquires.



[www.bethanyrosehorobin.com](http://www.bethanyrosehorobin.com)