

RIDE FIT

CLINIC SCHEDULE

THINK FIT...FEEL FIT...RIDE FIT

REVOLUTIONISE YOUR RIDING WITH A SERIES OF RIDE FIT SESSIONS

Mounted

- 8 Nov / 6 Dec
1.5 hour **rider analysis** session
£55pp (group of 2)

OR

- 1.5 hour **rider analysis** session
and
1 hour **equipilates™** unmounted session
£80pp (group of 2)

Unmounted

- 22 Oct – **ABC-** Alignment, Breathing Centre
- 5 Nov – **Equipilates™** session
- 3 Dec – **Think Fit** – sports psychology:
1:1 sessions £40 / Small groups £10
*****Special offer... Full course just £25 *****
- 19 Nov - 1:1 **Biomechanics** assessment:
£40pp