



RIDER FITNESS CLINIC AT ISIDORE FARM

Stay competitive by staying in shape! Join us to learn how to strengthen your core, increase your flexibility, and improve your cardiovascular conditioning.

Take a step outside the riding arena and become the best rider you can be!

SUNDAY, OCT. 14TH 2PM TO 4PM
5391 LEXINGTON RD.
LEXINGTON, KY

*Complimentary resistance band and other great goodies included!
Water and healthy snacks will be provided.

\$75.00 per participant

Please call or text

(574) 274-8985 or (812) 760-8109 to register
Or register via email at isidorefarm@gmail.com



Sponsored by
Isidore Farm and Morgan Rawlings,
Certified Personal Trainer

