

Introducing Fitness Camps at California Riding Academy!

*You know it, and your horse knows it too -
it's time to get in shape!!!*

Starting February 1st we will offer our first fitness for riders camp. Challenge yourself with the support of others and the guidance of an elite level personal trainer!

Location:

Classes meet at barn 4, California Riding Academy, 100 Ansel Lane, Menlo Park and will take place on the property in varying locations

Dates: January 25 through March 12 (6-week session)

Class size is limited to 6 people so that each individual gets some one-one-one instruction time. (No hiding behind the folks in the front row in these classes!) So please sign up early! (Classes are not horseback.)

Camps Offered:

Outdoor Circuit & Strength Training

Monday, Wednesday and Friday at 10:30am - 11:30am

• Take off the fat, bring on the muscle! Stations of varying intensity, each focusing on cardio or strength training, are set up; each exercise is performed for a specified number of repetitions or for a prescribed time before moving on to the next station. This interval workout improves strength and stamina for all fitness levels, and is extremely beneficial for fat burning. This is no ordinary “boot camp” style class. These sequences are design to specifically benefit riders while toning up and shedding pounds! Look better in your breeches while enjoying your rides more ;) Combine this class with the Tuesday/Thursday Strength and Yoga for Riders class for ultimate results!

• **Cost: \$630 per person for six-week session**

Strength and Flexibility for Riders

Tuesdays and Thursdays at 10:30am - 11:30am

• Focus on improving muscle strength and flexibility in this class designed specifically to improve your seat, balance and upper body strength. With a base built to help stabilize and strengthen you in the saddle you are better able to focus on the finesse skills of riding. A great refresher for the rider gearing up for the new show season, a “must do” for the beginners among us. Fun and effective for both! Combine this class with the MWF Circuit training for ultimate results!

• **Cost: \$420 per person for six-week session**

Enjoy BOTH classes at the discounted rate of \$950! (Save \$100)

All class participants must be at least 18 years of age. No special gear is required. Signing up for class reserves your spot that we do not give to another, and so we can offer no reimbursement for lack of attendance. All participants must sign a waiver and before beginning class.



WestphalTraining
personal training & consulting

For more information or to
pay on line go to:
www.westphaltraining.com

Rider Fitness Camp Application • February/March 2010 Session

Please complete this form and deliver to:

Victoria Westphal, 1384 Camino Ramon, San Jose, CA 95125

FAX (408) 516-8821 • email: victoria@westphaltraining.com

Or, Drop off at California Riding Academy

Call (408) 891-2650 if you have any questions!



Full Name: _____

Address : _____

City: _____ State _____ ZIP _____

Date of Birth (mm/dd/yyyy) ____/____/____

Phone Number: (____) _____ - _____

Email Address: _____

I rate my current fitness level as a (1-10), ten being high. Circle one: 1 2 3 4 5 6 7 8 9 10

How did you hear about us?: _____

My Main goal is: _____

Name of Emergency Contact & Phone Number _____

Which Fitness Camp(s) are you joining? ____ MWF Circuit & Strength ____ T/TH Strength/Yoga ____ BOTH

Please note that a health history/waiver form will need to be filled out and signed by any person wishing to participate. This form will be emailed or mailed to you upon receipt of your application and payment. That form must be completed in full and brought with you to the first day of camp. Receipt of this application form and full payment of camp fee will hold your spot in the current camp session. If there are no available spots left your payment will be refunded in full.

Payment (Camps run from February 1 to March 12, 2010. Cost is \$630 for the MWF Circuit/Strength, \$420 for the T/TH Strength and Yoga or \$950 for both classes. Class size is limited to 6 people):

I Paid Online

Check is enclosed (Please make checks out to Victoria Westphal)

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pay on line go to:
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