HorseSource.org Directory Listing

RideFit - Tammy Prevo

Look Better • Feel Better • Ride Better

www.ridefitnow.com | 206.713.6761 | info@ridefitnow.com

Connect
Tammy Prevo
ridefitnow.com
info@ridefitnow.com
206-713-6761

Location
1249-1299 2nd Street
Snohomish, Washington

OVERVIEW

Personal Health and Fitness training geared towards the unique physical demands of equestrian sports! Specializing in: Biomechanic fitness training specific to the rider's physical needs Back pain reduction/elimination Post-injury retraining Improved relaxation & confidence Weight loss & Metabolic Makeover for riders I take away ALL the excuses to not get fit and healthy, by doing fitness training via Skype, as well as personal rider assessments by video. FREE one hour strategy sessions to help you get clear on your goals, and help you map out a path to achieving them. Who needs Ridefit? Amateur riders who are serious about making progress Any rider who has suffered an injury that affects their riding Any rider who suffers from back pain Professionals who want to take advantage of high performance rider fitness training Credentials I'm a certified Health Coach, Fitness Trainer, and 30-year Equestrian, with a passion for helping riders *naturally* ride…