

HorseSource.org Directory Listing

Rider Fit

 The logo for Rider Fit is set against a dark brown background. At the top, the text "IF THE BODY DOESNT FEEL GOOD NEITHER WILL THE RIDE" is written in a small, yellow, sans-serif font. Below this, the words "RIDER" and "FIT" are written in a large, white, sans-serif font. A yellow silhouette of a horse's head is positioned between "RIDER" and "FIT", with its neck and head overlapping the letters.	<p>Connect riderfit.training kfiser2000@yahoo.com (719) 648-4806</p> <p>Location Colorado Springs, Colorado</p>
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OVERVIEW

Fitness for the Equestrian Offering education to riders for fitness maintenance, gains, recovery and more. With an extended background in the health and fitness industry including massage, strength training and stretch therapy, as well as experience in multiple disciplines of riding, Rider Fit will have something to offer everyone and will also be going beyond the rider to the horse as well via vets, farriers, trainers and coaches.