



Something New at Sargent!



Vaulting "Plus"

What is it?

- Basic vaulting (with a little yoga and stretching thrown in)
- Designed to improve overall fitness, balance, flexibility, strength, timing, rhythm, coordination, control, confidence.
- Will help develop your seat for riding.
- Fun and Rewarding for all levels!
- Group rotates time on horse so you have the chance to practice and observe.
- Classes will include walk, trot and canter as tolerated
- **Horse ownership and riding experience is NOT a prerequisite.**

Classes coached by Jeanne and Marie. Please let us know if you want us to add more classes or classes for kids.

Jeanne is a Physical Therapist, let her know if you have any concerns, and we'll work with you! Safety standards followed, fun guaranteed!



**First Classes!
January 12th
6 PM
First class FREE to
all SEC Boarders
and Clients
You must RSVP to
save your spot**

SEC Vaulting "Plus"

Participants will be limited

Adults only

Thursdays @ 6 PM

\$30/class

1 – 1.5 hours depending on
group

Enroll today -\$25/class if you
sign up and pay for 5 or more

**SEC provides horses &
equipment**

Registration or more

information contact:

**Jeanne Williams
jeanne@sargentequest.com**

**Visit the website to see all of
the fun we have planned for
this year!**

www.sargentequest.com

209.727.0200

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