



FOX RUN

EQUESTRIAN

**1307 Porterville Road
East Aurora, New York**

RIDER FITNESS PROGRAM

July 15, 2018

1-5 p.m.

\$75

Join us for an exciting and educational afternoon where we learn from the experts about how to develop rider fitness.

The program has the following components:

1:00 – 2:00 p.m. Participate in a Pilates mat class focused on core strength for equestrians, conducted by Lissa Teppas, a rider and certified Pilates instructor. Bring a yoga mat and wear loose clothing.

Lissa Teppas, certified Pilates Instructor, will lead you through a series of exercises focusing on core strength, balance and stretching specifically geared toward the equestrian.



2:00 – 3:00 p.m. Discussion of nutrition and supplements, led by Sanford Levy, M.D., a Buffalo practitioner of holistic medicine

Dr. Levy focuses in his office practice on wellness care and the treatment of a variety of chronic health conditions with lifestyle changes and dietary supplements. The office practice is a self-pay specialty practice of integrative and holistic medicine.

Professionally, he has achieved prestigious fellowship in the American College of Physicians, the nationwide academic organization for internists. In addition, he is a 2003 diplomate of the American Board of Integrative Holistic Medicine. He is a 1986 graduate of the University at Buffalo Medical School, and he is volunteer faculty at the school, a clinical assistant professor of medicine.



3:00 – 4:00 p.m. Trainer Bob Bateson, owner of Body Blocks Fitness, will discuss and demonstrate weight training for core strength

In 1988, before personal training became popular, Bob Bateson created Body Blocks Fitness to provide the people of Western New York with an alternative to the overcrowded and underserved 'box' gyms that were saturating the community.

With a focus on providing quality training and fitness education, Body Blocks quickly established itself as the premier fitness club in Western New York. Body Blocks caters to a limited, exclusive membership which allows them to provide their clients with access to the latest fitness technologies, personalized attention, and offer benefits that simply can't be found in traditional health clubs.



4:00 – 5:00 p.m. Cocktail and Social Hour