



## Calories Burned During Horseback Riding

Activity (1 hour)	130lbs	155lbs	190lbs
Horse grooming	354	422	518
Horse racing, galloping	472	563	690
Horseback riding, general	236	281	345
Horseback riding, trotting	384	457	561
Horseback riding, walking	148	176	216

Even if you don't need to lose weight this wonderful form of exercise will benefit you too. Lets face it you could hardly call this lovely pastime, exercise at all, could you. Its pure pleasure! It sure beats a sweaty workout in the gym for me

Few other sports allow you the chance to spend time with an animal, and horses can be a fascinating animal to get to know. Their gentleness and calmness will make you feel calm and serene which means a truly relaxing hobby to help balance your hectic and stressful life

**SIGN UP NOW!**  
**ADULT CLASSES MONDAY THROUGH SATURDAY**  
**AT TWO LOCATIONS IN MONMOUTH AND OCEAN**  
**EXERCISE THROUGH RIDING AT**



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