



Welcome to Lopin' Down The Rail Fitness!

Personalized Fitness Programs for the Equestrian Athlete

Proud Sponsor of Salem Saddle Club! Enter the raffle at the show on April 23rd to win a \$150 gift card, which can be used on any of my services!

My name is Ellie Stiller, and I created Lopin' Down The Rail Fitness- a fitness business designed for equestrian athletes! Interested in leveling up your riding? Consider being part of my program!

I specialize in creating stronger, fitter riders through personalized fitness programs. Services I offer include: personal training, group fitness, fitness plans, horse yoga, and more! I work virtually and in person with my clients. All of my clients receive personalized programs to fit their needs and goals. I am an NASM Certified Personal Trainer and I have been riding and showing horses for over 10 years. You can trust I have the experience and the knowledge to properly assess and assign the correct program for you and what you need!

I designed my program to help equestrians become stronger, more effective riders by improving their balance, strength, and flexibility. While I mainly ride and show in the western pleasure all around events, I work with riders of all disciplines and skill levels. I offer something for everyone- I am extremely flexible for people on budgets or have crazy schedules!

Website: www.lopindowntherailfitness.com

Instagram: www.lopindowntherailfitness.com

Facebook: Lopin' Down The Rail Fitness

Email: lopindowntherailfitness@gmail.com

Phone: 503-718-4531