

Jennifer Arntsen



We are thrilled to welcome back Woodside Pony Club alum Jennifer Arntsen to our mounted and dismounted programs!

She is an accomplished rider, talented instructor, and a fantastic role model for our members.

Jennifer Arntsen is a pony club HA graduate and USDF Silver Medalist, currently working toward her Gold. She spent eight years at an FEI Dressage barn in San Diego before returning to the Bay Area, where she now focuses on developing her 5-year-old dressage prospect and supporting clients through riding and teaching lessons.

Her equestrian experience is wide-ranging: she competed at the 2010 World Equestrian Games as a lunger for the Ecuadorian vaulting team, and went on to serve in key leadership roles with the U.S. Vaulting Team—Barn Manager (2014–2017), Assistant Chef d'Équipe (2018), and Chef d'Équipe (2019, 2021, 2022).

With a B.S. in Kinesiology and two decades of professional work in physical therapy, Jennifer Arntsen brings a deep understanding of biomechanics and body awareness to her training, helping both horses and riders reach their potential with longevity and soundness in mind.

https://www.usef.org/team-usa/athletes/jennifer_arntsen

https://www.clipmyhorse.tv/en_US/academy/lesson/7a263cc95f2ec875861df489eb709e9f?category=usef&sub_category=all

