

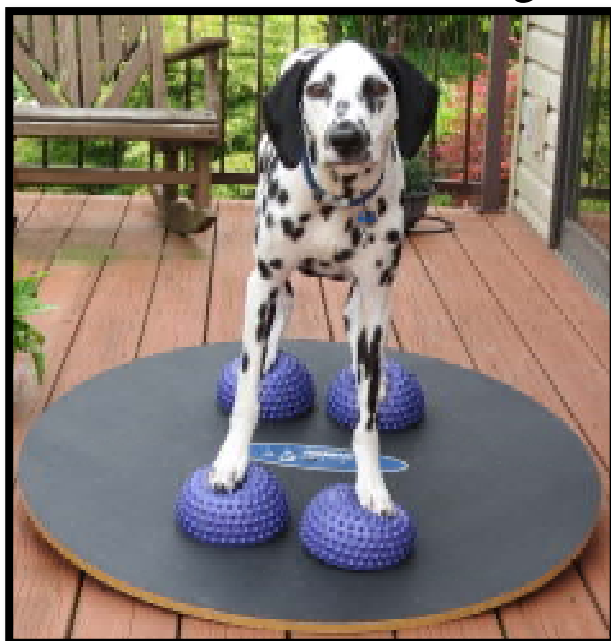
Canine Conditioning Seminar

Saturday,
July 21, 2018

9:00 - 12:00
or
1:00 - 4:00



Golden Triangle
Obedience Training Club
Pleasant Hills, PA



Join **Lisa Bauer** and her Dalmatian **Indy** for an introduction to core strength training for your dog using canine fitness equipment. We'll demonstrate basic exercises for increasing muscle tone, building endurance, developing focus and confidence...and have fun with our dogs!!

Dog/handler teams will receive paws-on instruction with fitness balls, balance discs and pods, cavalettis, and other canine fitness equipment.

Canine Conditioning has many benefits for dogs of all ages, including:

Improved reaction and control/better focus

Increased trunk and core strength

Stabilization of weak areas/achieve health at any age or stage of life

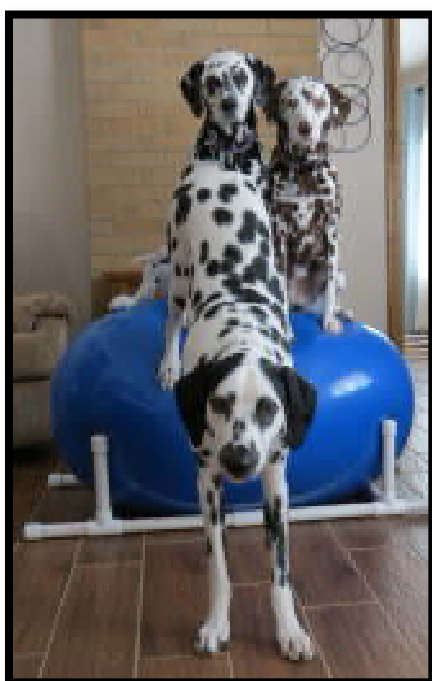
Improved balance and proprioception (awareness of body's position in space)

Increased range of motion in joints and elongation of the muscles/maintain mobility

Improved sensory and body awareness/decreased risk of injury

Strengthening of the human-canine bond

Improved quality of life



Dogs of all ages welcome!

For conditioning purposes only - not to address specific injuries/rehab

**Working Dog: \$30/
member; \$40 nonmember
Auditor: \$20/member;
\$30/nonmember**

**** No refunds for
cancellations after 6/30**

Contact Mindy Columbus
to register:
mindycolumbus
@verizon.net

