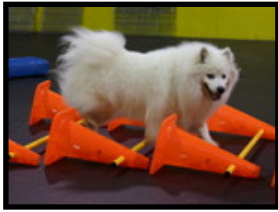


Canine Fitness Workshops with

Bobbie Lyons

March 25-27th at Paws4ever



Canine Fitness Basics March 25th, 8:30am-12:30pm

Learn warm-up and cool-down routines, foundational progression of tricks and exercises, and safe use of FitPaws equipment through exercises designed to reduce risk of injury, increase balance, strength, body awareness, and overall performance.

Fit for Flyball March 25th, 1pm-5pm

The fast-paced sport of flyball is physically demanding. Learn fitness techniques and exercises to keep your flyball dog in peak form. Minimize the risk of injury and increase power, speed, core strength, and flexibility.

Advanced Fitness March 26th, 8:30am - 12:30pm

For teams with prior canine fitness experience and knowledge, up your game with the advanced workshop. You'll learn new exercises, warm-ups and cool-downs, structure awareness, how to prevent shoulder/psoas injury, and how to "feel" your dog for injury and soreness.

Fitness in Small Spaces March 26th, 1pm-5pm

This workshop concentrates on equipment combinations and how to design a program for your dog, pairing equipment in different ways and designing challenging programs that can be done at home! Those in working spots should have prior experience.

Private lessons March 27th, 9am-5pm

Get a basic evaluation and a custom workout designed just for your dog! After your 1-on-1 lesson with Bobbie, she will email you a recap of your session and additional tips!



BOBBIE LYONS, Certified Canine Fitness and FitPAWS Master Trainer Course Instructor, has been training and competing in agility with her dogs for over 10 years.

Bobbie teaches private lessons, online classes, and workshops across the country, educating owners on how to condition their dogs to improve performance and prevent injuries.

Classes limited to 10 working participants (\$125) and 10 auditors (\$60)

One-hour private session with Bobbie \$150

To register, please fill out our Class Registration form at paws4ever.org/train, and note your workshop of choice. When your registration is processed, you will receive a secure invoice payable online. For more information, please contact Julie Jenkins at julie@paws4ever.org



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