

# CANINE FITNESS SEMINAR / Athlete Series

Sunday NOVEMBER 23, 9AM-4PM / Gem City Dog Obedience Club

Beginner to Intermediate Level

Presented by: Suzi Schmitz/ certified canine fitness strength coach

Concentration on Jump Strength take off and Psoas/shoulder injury prevention.

Foundation exercises, learn to build your own program, how much, how long, how often, and how intense. Discuss equipment needs and substitutes as well.

Seminar exercises and topic for agility dogs and obedience dogs.

Will break for lunch for 45 minutes - please bring your own, or order in/go pick up food.



## Registration for Canine Fitness Seminar

\*Registration opens September 16 for GCDOC members and September 23 for non members. See below - registration must be mailed, and the first 10 received will be the working dogs. Should someone pay for a working spot and not be part of the first 10, we can shred your check and we hope you issue a new one for an auditing spot!

**Name:**

**Address:**

**Textable Phone:**

**Email address:**

**(Circle one)**

**- Working spot: Cost: \$80 members \$100 non-members**

**Voucher used? (members may use 1 voucher worth \$20)**

**Dog's Name:**

**Breed:**

**Sport:**

**- Auditing spot: Cost \$30 members \$40 non-members**

**Dog's Name:**

**Breed:**

**Sport:**

**Checks payable to Gem City Dog Obedience Club (GCDOC).**

**Registration not finalized until both registration & payment have been received. No refunds on working spots unless there is a wait list.**

**Mail to: Barb Siler, 5807 Rockingham Dr., Dayton, OH 45429**