

**Classes available: Only 4 per class! Appointment necessary.**

**Begging for beginners** – Everyone must go through this class for 6 weeks before signing up for other classes. This class helps the dog and its human get familiar with the equipment and how to properly work out together as a team. Our introduction class is the most basic class we offer for individuals. Familiarize yourself with our space, get a great workout and pawsitive training while seeing what K9 Fit Club is all about. This class is geared for people of all fitness levels, even the novice, and a great starting point for people looking to get back in shape! Modified class available.



**Bow Wow Boot Camp** - The next level after Begging for Beginners. More advanced exercise training for both you and your dog. An all-over, pawfect conditioning program for you & your pooch. Bow Wow Bootcamp® combines strength, agility, and cardio in a high-intensity class that includes circuit training and station work. You can expect some cardio, games, weight training, core training and a little something new, each class!

**Namasitstay** – this class is a perfect opportunity to take a moment with your dog and bond. A form of yoga that combines massage as well as gentle stretching for dogs and their human partners. We will integrate moves and showcase techniques that NamaSitStay benefits you and your pet's health and also helps to strengthen the bond between you and your dog.



**Sit Stay Get Fit** – This class is for individuals who have a disability or a medical condition that prevents them from working out. It can also be for those individuals who are wanting to start a physical routine. The focus of this class is the beginning of a lifestyle change to better the client's health, fitness ability and prepare for the Beginner Program. Client and dog will learn basic obedience to progress to the beginner program. Specially designed for those who have not exercised. Including seniors, morbidly obese, people with certain types of injuries and persons with disabilities.

**Butts, Guts and Mutts** - This class is designed to focus on your abs and glutes

**Just the Dog** - This class is just the dog. Exercises will focus on the dog's physical ability, breed and weight. Not enough time in the day or feel your dog needs a bit more exercise, our Master K9 Fitness Trainers takes your dog's fitness to the next level with cardio, practicing strength and agility exercises.



[k9fitclub@wrah.net](mailto:k9fitclub@wrah.net)





# K9 Fit Club Greeley

## Classes & Price List

**970-330-7283**

Classes are \$25.00 per class if paying at each class. OR  
\$90.00 per month, compared to \$120.00 to \$180.00 for a  
personal trainer at group class in gym.

The more you come the more you save!

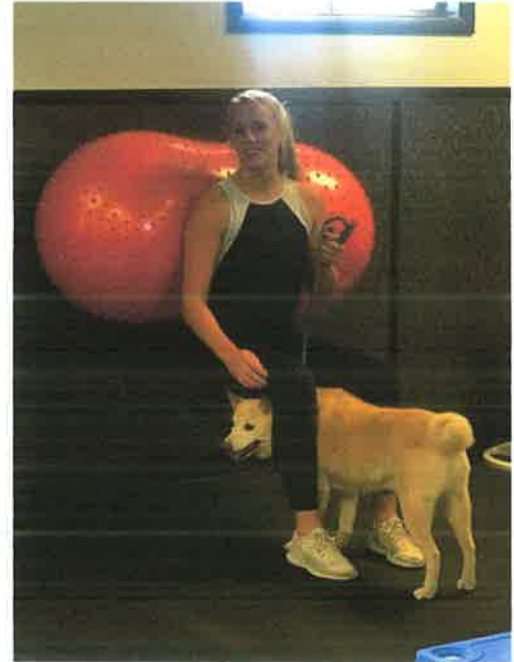
### Classes included for monthly fee:

Begging for Beginners

Bow Wow Boot Camp

Namasitstay

Butts, Guts and Mutts



### Additional classes

One on One in any class—\$50.00

Just the Dog—\$45.00

Sit, Stay Get Fit—\$50.00 House call or @ a facility

Outside of Greeley travel charge of additional \$15.00





## Why Not Make Your Resolution Fun This Year!?

Join before January 31st 2020 and get your first class free!

[k9fitclub@wrah.net](mailto:k9fitclub@wrah.net)



Join today and get your first month for just \$65.00!

Then just pay \$90.00 a month for unlimited classes compared to \$120.00 to \$180.00/ month for a personal trainer at group class in a gym.

Our Master Trainers focus on you and your best friend, allowing only 4 people and their furry friends per class!

Classes fill by appointment only

Evenings and some weekend classes available

Call today to schedule and make getting in shape fun this year by working out with your dog!

970-330-7283—ask to be transferred to K9 Fit Club

**“Your Dog Doesn’t Judge You and Neither Do We”**