

Fun & Fitness for People & Paws



GIVE FITNESS FOR THE HOLIDAYS!

Get fit together-lose that "Winter Five" before you both gain the weight.

Fitness can be fun when you add your FBF to the mix..Exercise with your dog...gain strength, lose weight, get fit, spend some quality time together.....why wait for spring?

Come Play!

WHO?

You and your FBF (Furry Best Friend). We train dogs between Get fit together!

WHEN?

Orientation and class one...january 19th! Keep moving this winter you and your dog can get a jump on Spring!

HOW?

Call Islands Fitness or Fun 4K9z or visit our websites to reserve your place today. Very small classes for individual attention.

WHERE?

Islands Fitness
3155 N. Windsong Dr
Prescott Valley, AZ 86314
928.759-2271

Fun 4 K9z
near the intersection of
the 169 & 69
928.308.8538

3 highly customized programs.... 10 weeks! no excuses!

affordably priced at \$99 \$149 & \$199. **valued up \$649!**

Take advantage of two crazy PV Chamber Members and their commitment to your fitness today!

Come Play!

www.islandsfitness.com
gordon@islandsfitness.com 928.759.2271

Get Fit Today!

www.fun4k9.com
info@fun4k9z.com 928.308.8538