

Fun & Fitness for People & Paws



3 Customized 10 Week Programs for You and Your Dog

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!

Program A \$99

- Orientation
- Eval & Health Check
- K9 Eval
- Weekly Fitness
 - Group Class
- Individual Workout Plan
- Weekly Dog Agility Class
- Foundation Skills
- Bi-weekly Agility Free
 - Practice Session
- Healthy Living Seminars
- Healthy K9 Diet Sessions



Program B \$149

- Orientation
- Eval & Health Check
- K9 Eval
- 10 Wk Gym Membership**
- Weekly Fitness
 - Group Class
- Individual Workout Plan
- Weekly Dog Agility Class
- Foundation Skills
- Weekly Agility Free**
- Practice Session**
- Healthy Living Seminars
- Healthy K9 Diet Sessions



Program C \$199

*Lose up to 20 lbs in 10 weeks!
Includes full "Thin & Healthy"
individual program*

- Orientation
- Eval & Health Check
- K9 Eval
- 10 Wk Gym Membership
- Weekly Fitness
 - Group Class
- Individual Workout Plan
- Weekly Dog Agility Class
- Foundation Skills
- Weekly Agility Free
 - Practice Session
- Healthy Living Seminars
- Healthy K9 Diet Sessions
- Puppy Pilates**



www.islandsfitness.com
gordon@islandsfitness.com 928.759.2271

Get Fit Today!

www.fun4k9.com
info@fun4k9z.com 928.308.8538