



CANINE REHAB Saskatoon

Online Fitness and Conditioning Class

Includes New Content

Registration Form

The goal of the class is to give you tools to improve your dog's overall fitness level. The exercises are designed to increase your dog's balance and proprioception, strength (with lots of attention on core strength), flexibility and endurance. Although there will be frequent reference to the sporting dog, the material is appropriate for any dog if you want to keep a dog fit and injury free. ***Please note: much of the content has been updated from the class offered in 2016. I will be doing one week exclusively on the shoulder.***

The class will consist of 8 lessons using videos and handouts, starting the week of **February 18, 2019 and running to May 10, 2019.**

I will set up a closed group Facebook group where I will post the materials. Participants are encouraged to post short videos of their work for feedback and for sharing with the rest of the group. If you need assistance with the technology piece, you can contact me privately via Facebook or email (lj.clarke@hotmail.com). If you are not friends with me on Facebook, you will need to send me a friends request so I can add you to the page. I will keep the FB page open for 2 weeks after the last week of instruction to provide participants the opportunity to post videos for feedback or ask questions. I am considering doing a Face Book live session to facilitate Q&A's.

The course is designed for **healthy adult dogs**. If you have any doubt about your dog's suitability for participation, **please consult with your veterinarian first.**

The lessons are progressive in nature, beginning with easier work and increasing in difficulty over the eight lessons. I will be using equipment and I will give you suggestions of how to improvise with items in your home. It is recommended that you have a stool, fit disc (or Fitbone) and peanut ball at a minimum. Other items that would be useful would be a large wobble board, bosu ball, and a training plank.

Please do not share my videos or handouts with people that have not registered for the class. Additionally, do not post your own videos on Facebook or other social media.

If you have any questions, please contact me!

Please complete the form below and return to me with payment, via email (lj.clarke@hotmail.com) or by mail (PO Box 355, Grandora, Sk. S0K 1V0).

Name: _____	Address: _____
City: _____	Postal Code: _____
Email: _____	Telephone: _____
Dog's Name: _____	Dog's age and breed: _____
Registration fee: Cash, cheque, e-transfer: \$168 (includes GST) Credit card: \$173.71 (includes GST) If you wish to post videos of a second dog for feedback, add \$50 plus GST of \$2.50 (\$52.50). Sorry, no auditing.	Make cheques payable to LJC Healthcare Consulting. Send e-transfer to lj.clarke@hotmail.com Arrangement for credit card transactions will be made upon request.

Mail payment and this form to:
 Canine Rehab Saskatoon
 c/o Lorna Clarke
 PO Box 355
 Grandora, Sk S0K 1V0

Registration deadline is February 11, 2019