



Competitive Edge Agility & Dog Sports, LLC Presents a
Workshop with . . .

Lisa Bonker

In The Zone Agility

November 20, 2015

8:30—3:30

Sign up online

Canine Conditioning Class

✓ *Any Canine Sport—All dogs will benefit from a conditioning program!*

Exercises taught during this class are formulated to increase balance, body awareness, core strengthening as well as mental stimulation. Flatwork, disc work, cavalettis, paw pods and more will be used during this class.

4600 Shepherdsville Road,
Louisville, KY 40218

COST: \$125.00 with dog (10 spots)

\$25.00 Audit only

Sign up online at

www.competitiveedgeagility.com

For more information—tbhook@aol.com

502-599-7450



Are you interested in creating a fitness program for your dog but you don't know where to start? Have you seen pictures and videos of dogs doing cool stuff on fitness equipment but you have no idea how to teach it? Do you have some equipment and do not know how to progress with the exercises?

Canine Conditioning is very important for all dogs. From puppy to senior, from couch potato to the canine athlete, there are fun exercises to help improve your dogs overall well being. These exercises improve body awareness, balance, flexibility, mobility, and muscular strength. If you have a canine athlete that competes in agility, conformation, obedience, flyball, herding, etc, a fitness plan can improve performance and help prevent injury. Besides the incredible physical benefits, doing these exercises will provide mental stimulation, strengthen the bond with your dog, increase dog's confidence and create more focus. Plus it is really fun to do!!

During this hands-on workshop we focus on teaching dogs to use their bodies to increase balance and general fitness. Dogs will learn fitness exercises on the flat and then on balance equipment. You will get time to practice them so you understand how to perform the exercises properly.

- Learn now to assess your dog to see if there are areas that need attention. For example, can your dog sit squarely or is he sitting on one hip? Are feet pointing outward?
- Importance of warm-up and cool down routine
- Teach proper and safe body placement for exercises with and without equipment. You will learn the 'basic' fitness exercises on the ground and then perform some of these moves on fitness equipment (fitbones, pods, balance disc, benches) We will also discuss and demonstrate progression exercises.

Please note, these exercises are geared toward healthy dogs with no physical problems. If your dog has been injured or is physically limited, please consult with a vet, physical therapist, chiropractor or rehabilitation expert prior to starting any exercise conditioning program.

Lisa Bonker, PhD has been active in agility for over 15 years. She gives agility and conditioning seminars across the continent. Lisa hosts over 15 trials yearly as *In The Zone Agility* and *In The Zone Agility of Illinois*. Lisa has won the NADAC Championships six years in a row with three different dogs. In 2013, Synergy was Reserve Champion in the 16" class and Tandem was Reserve Champion in Starters Stakes (class at champs that required high level distance skills). Her dogs are consistently in the NADAC Top 10 with Jet being the Highest Scoring Skilled Dog in 2007 and Moxie the Highest Scoring Skilled Dog in 2008. Tandem, Synergy, Moxie and Expedite have also earned nine NADAC Platinum Speed Star Awards. Lisa and her dogs have earned over 60 NATCHs. Tandem, JP7, Moxie and Cuba have qualifying bonus runs. To view a complete list of accomplishments, videos of runs and photos please visit <http://inthezoneagility.com>.

Over the past few years, Lisa has become very interested in canine conditioning. She has taken numerous seminars and online classes.

Lisa currently has eight dogs – six Border Collies, an Aussie, and a Boston Terrier Mix. Lisa's dogs cover a wide spectrum; from soft to hard, slow to fast and novice to multiple championships. This allows Lisa to bring real life experiences into her training that includes good foundation training, skill training, motivation and consistent, clear handling all in a fun positive way.

Conditioning Classes/Workshops taken by Lisa Bonker

Canine Fitness Trainer Course taught by Deb Gross February-August 2015

Bobbie Lyons Instructors Conditioning Seminar December 2014

K9 Fitbone Class taught by Bobbie Lyons Fall 2014

Yoga Fusion Workshop with Chris Ott July 2014

Agility Foundation and Puppy Performance with Bobbie Lyons and Daisy Peel - Winter 2014

Balance Your Blades taught by Bobbie Lyons and Debbie Gross- Winter 2013

K9 Conditioning 2 taught by Bobbie Lyons –Fall 2013

The Enigma of Illiopoas taught by Bobbie Lyons and Debbie Gross Summer 2013

K9 Conditioning and Body Awareness Class taught by Bobbie Lyons Spring 2013

Sports Injury and Prevention Workshop with Dr Fuoco April 2013