

DOGGIE & ME GROUP FITNESS CLASS

Canine College, owned and operated by Jayme DesDunes opened in Middleburg, Virginia in 1993. The main goal has always been to help people live a more cohesive life with their dogs. Through obedience training, and behavioral management, DesDunes has developed a very successful board training program that has done just that. "I know I am doing something right when families bring me their next generation of dogs". It is important to me that they know they can always count on me for the lifetimes of their dogs and any dogs that come after".

"Not too much has changed in all these years, jokes DesDunes. In 2007 she moved Canine College to Marshall, Virginia. And in 2008, DesDunes and her husband welcomed a third child to the clan. DesDunes, joined a fitness program for mom and fun for baby, Stroller Strides of Warrenton to help lose those extra baby pounds. Owner and instructor, Langdon Harris Johnston, and DesDunes hit it off right away. "My life is forever changed. I love working out, feeling strong and fit and having a wonderful support group to help

me along the way," states DesDunes. "It was one silly comment about how fun this would be to do with dogs and voila, Doggie & Me Fitness was born!"

Langdon Harris Johnston will be your personal trainer. She is an ACE certified and a group fitness instructor at Chestnut Forks Athletic Club and owner of Stroller Strides of Warrenton. Johnston's personal training business, Equibaby Conditioning Fitness is the clever design of cross training for the equestrienne

The class combines a fitness routine, made up of circuits and quick walks or runs with canine. Dogs are always on command and the owner is always moving. All exercises can be modified to meet your fitness level but our goal is to challenge both you and your dog throughout the class. The interval training approach that we use is one that benefits both owner and best friend. It increases heart rate strength, core stability and requires your dog to obey commands such as heel, sit, down and stay.

The class is designed to last 60 minutes with a warm up and stretching to complete. For 45 minutes interval training will be in-

tense and dog must be on his best behavior. Canine and owner are partners and rely on each other to focus on training throughout the class. Canines love the discipline and owners love the cardiovascular and muscular strength achieved. A combination that cannot be beat!

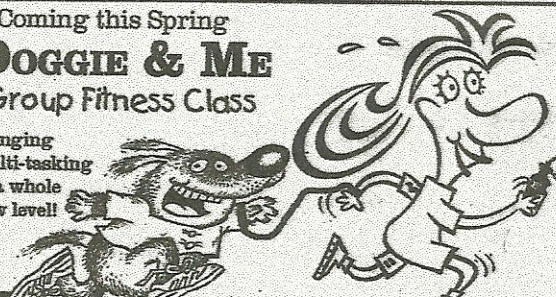
If weight loss, gaining strength, and a better behaved companion sound good to you, then this is the class. This class provides a workout with an ACE certified trainer for you and a professional dog trainer/animal behaviorist for the dogs. What a great way to bond with your dog and achieve fitness knowledge and fun! Improving your fitness levels and gaining a more obedient dog saving you time and money all in 60 minutes.

We have an indoor venue for inclement weather, but if it is above 50 degrees we will be outside. All locations are listed on the web site along with directions.

Please visit www.JaymesCanineCollege.com for detailed information regarding class schedules, pricing, evaluations, locations, directions, and sign up.

Coming this Spring
DOGGIE & ME
 Group Fitness Class

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