

New Class! Session 5 only!

TEAM FITNESS



Adapted from Photo by Daria Shevisova from Pexels

5:30 PM Tuesdays with Judy

Improve your flexibility, stability, and strength along with your dog; all to music, of course!

All ages of adults and levels of fitness are accepted.

Be sure to check with your vet and your physician before you or your dog start any kind of fitness program.

A great, fun way to improve both your condition AND your dog's condition!

REGISTER ONLINE

for this **SESSION 5 Class starting July 30, 2019.**

nvdtc.org/registration.htm

QUESTIONS? (707) 253-8666

Classes are held at Napa Valley Dog Training Club
68 Coombs, Bldg. N • Napa • (707) 253-8666 • nvdtc.org