



**Tri-State Dog Obedience Club**  
**837 US 6 – Shohola, PA 18458**

**presents a Workshop by:**

**PERFORMANCE UNLEASHED**  
**K9 STRENGTH & CONDITIONING**

**Saturday - August 9<sup>th</sup> 2025 – 9:00 am – 12:30 pm**

**Foundations:** Stronger Bodies, Sharper Minds, Healthier Athletes

**Description:** Want to give your canine athlete the edge they need to excel while keeping them strong and injury-free? This interactive, hands-on workshop will teach you the fundamentals of canine strength and conditioning. You'll learn essential foundation skills that improve strength and body awareness – helping your dog move more efficiently, recover faster, and perform at their absolute best. Whether you're prepping for competition or just want to keep your dog fit for life, this workshop will leave you with strategies you can start implementing into your training routine right away.

**Prerequisites:** None!!! This workshop will be slightly heavier on the lecture portion, but will include hands-on portions as well.

**Limited to:** 10 working spots, unlimited auditors

**Cost:** Working Spot: \$80 Members, \$100 non-member; Auditor \$35

**Registration:** Mail with your payment, **checks made payable to TSDOC**, (no later than 8/2/2025)  
to: **Cathy Mann, 4 Amisa Court, Highland Lakes, NJ 07422**

**You will receive a confirmation email if you have secured a working spot, or an auditor spot. A waitlist will be started if working spots have been filled.**

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**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Working Spot:** ☐

**Auditor:** ☐

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[www.k9performanceunleashed.com](http://www.k9performanceunleashed.com)