

Your Dog is Your Workout Partner



- **City of Beachwood Recreation Department**
 - Health & fitness
 - Nation's first outdoor fitness program for people and dogs
 - Fun and Challenging workout
 - Dog Training included
- **First class: 2009 in California.**

County: Cuyahoga
(Cuyahoga District #)

Thank Dog!
BOOTCAMP
Obedience and Fitness for Dogs and their People • Cleveland, OH

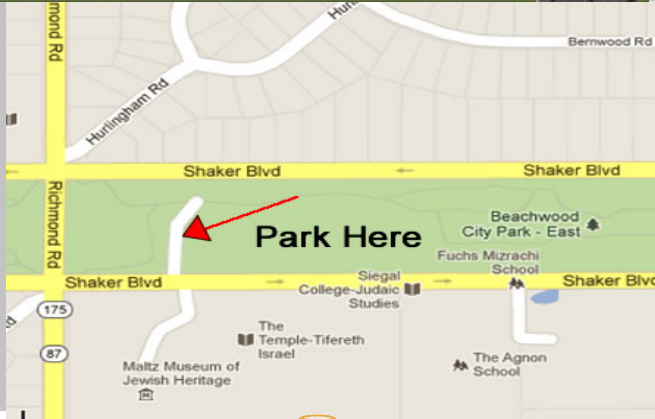
CITY OF
Beachwood

Thank Dog! Bootcamp was founded and developed by Jill Bowers, a longtime Ohio Native and Noelle Blessy. Jill began her career in extensive dog training in 2000, and spent the next 9 years attending and training in every facet of dog training available to her. They developed the program in 2009 and has expanded the program across the nation. Jill has been featured on The Animal Planet's Dogs 101, the Dog Whisperer, appeared on the Today Show, Access Hollywood, MSN, Good Morning America, and numerous Pet magazines. Heidi Braun, the licensed instructor and owner of the North East Ohio Thank Dog! Bootcamps, was trained by Jill and Noelle in 2012 and brought their Thank Dog Bootcamps to Northeast Ohio. Class is taught in Beachwood City Park, Saturday and Sunday Mornings, April – October. Class is moved indoors to the Beachwood Community Center November – March. Class combines cardio drills and weight training while integrating obedience commands with the dogs.

Your Dog is Your Workout Partner



- **Participants:** Class targets all sectors.
- **Location:** Program can be operated in any large green space, where dogs are permitted. Leash laws apply.
- **Program frequency:** Offer program once a week, several different time/day options.
- Cost is about \$15 per day for participant



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Program is offered in Beachwood on Saturday and Sunday mornings. Heidi Braun also offers her class at the following locations:

South Chagrin Reservation (Wed. and Thurs evenings)

Chagrin River Park (Monday nights)

Cleveland Metro Park Polo Fields (Wed. and Thurs evenings)

Your Dog is Your Workout Partner

Thank Dog!® Bootcamp is the place where exercise and dog obedience training is taken one step further.

We are the nation's first outdoor fitness program that combines dog training, weight training, and cardio training for dogs and their people.

This fun and challenging workout was designed by qualified professionals (both dog and fitness - trainers) to stimulate the mind, focus on the body, and create a soulful connection that will bond you and your dog forever!

We're the one-stop fitness program where everything gets done in an hour (saving time and money) and nobody is left behind (or at home in this case)!

By enlisting in our bootcamp, you'll not only get the body you've always wanted, you'll have a well trained, happy dog too!

- **Unique!**
- **Benefits, Goals and Results:** Great workout for you and your dog. Go home feeling fit, dogs go home happy, tired and relaxed.
- **Very unique approach:** Exercise class, dog training, bonding time, happy and healthy participants!

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Thank Dog Bootcamp and Your Dog is Your Workout Partner have worked hard to create one of the most unique exercise programs in the nation, that addresses the needs of both the human participant and the canine participant, giving real benefits to both.

Unique approach and properly dual trained instructors (Physical Trainer and Certified Dog Trainer) are essential to the success of this program.

Participants tell the tale!

"Daisy and Sadie: the post-workout routine"



"Daisy" is my 4 year old Beagle and "Sadie" is my almost 2 year old Beagle/Jack Russell Terrier mix. It took them a little while to "get with the program" but now they get so excited whenever we head to the park for class. They love running through the cardio drills, practicing their obedience skills and meeting their fellow doggy bootcampers. Since starting Thank Dog! Bootcamp, "Daisy" and "Sadie" slip into joyful doggy comas after every workout.

I signed up for the exercise and they came along for the socialization. Seven months later, we are still loving bootcamp! I love being able to work out with my dogs. An additional benefit has been the weight loss (I am at 55 pounds and counting!). And of course, I love my happier, healthier and sleepier dogs!!! Thanks to Heidi, Celeste and Lisa for bringing such a great program to NE Ohio!

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Here are some actual testimonies from some participants in the classes held here in Northeast Ohio.

More tales!



Heidi Braun, Owner
neothankdog@gmail.com

Chrissy Nemeth & Annie

Thank dog boot camp puts the WOW in bow-wow! My dog Annie loves attending and I know when were done with the class, I will be bringing home a sleepy pup. Boot camp has been very successful in helping Annie with her obedience training and fitness. I credit Thank Dog for helping Annie pass her CGC test and helping keep her fit for coursing and agility. This has been one of the most rewarding experiences I have ever had with my dog. We absolutely love it!

Call 440.364.7699

for information about the program or other services you may be interested in.

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To find out if this program can be offered in your park or community, contact Heidi Braun.
 E-mail address: neothankdog@gmail.com. Phone: 440-364-7699