

Join us
Fri. January 27th
from 7-9 pm

In Burnaby: 6976 Palm Ave



Agility Injury Prevention & Performance Enhancement *for Humans*

With Strength & Conditioning Specialist, Kinesiologist *Jeff Cathrea*

Are YOU sore or stiff from agility?

Affected by old injuries or trying to prevent new ones?

***Learn some stretches, easy stability exercises and some tips for
more efficient movement on course!***



**Movement
Analysis and
Improvement**



From this

To this



Topics Include:

- Proper warm up and cool down routines
- Stretching
- Agility drills to improve speed and stability
- Foundational movement patterns to improve performance and efficiency

Only
\$40!

Please visit our website for more seminar and registration information!

www.dogworks.ca