

Below are the most commonly asked questions about our Leash Your Fitness classes. We go over marketing, class structure, class locations, dog obedience, insurance, your team, and much more in the business manual that we sell to those that want to start dog fitness classes in their facilities.

1/ Is there a specific age or better age for dogs to participate? That depends on the class and the dog. We have pugs and mini poodles in our run class but they are very conditioned. Usually you wouldn't want a brachiocephalic dog like a Boxer, Bulldog, Pug or **Pekinese in a run class or a class where the dogs are going to be exerting a lot of energy and heat.** You also wouldn't want an older dog in that sort of class. The walk or yoga class are perfect for those dogs.

As for age, we recommend over 6 months. Any dog younger just doesn't have the attention span.

2/ How much space do I need? It depends on the class. Yoga classes only need enough space for the amount of people that will be attending and additional room near their mats for their dogs. Bootcamp class, our goal is to tire out the dogs so you will need room for the dogs to run. There are a lot of different location ideas in the business manual.

3. How do you control the dogs so they don't play with each other the whole time? Everyone is in control of their dogs. Dog obedience is part of the class. The dogs are on leash the entire class. We incorporate dog obedience so that Fido is reminded who is in charge. Play time and treat time is after class.

4. What do you do when they have to go the bathroom? If the class is outside, you let them go and you pick it up. If the class is inside, we usually take them for a walk before class. Most dogs know not to go indoors so it should be a problem.

5. What is the best way to promote the class? Since this is such a niche class, the [media](#) loves it! We are asked all of the time to be on the news, especially for Dog Yoga! That is a hot selling class! I would definitely contact your local papers, media and any small publications that you have in your area. You may want to also post on local meet up groups and of course all of your social media. You can post an "event" on social media and invite everyone and you can also run specific ads targeting people how like "fitness and dogs" in the zip codes surrounding your area.

6. What is your experience with getting permits/permissions to hold these classes in local town/village/city parks? Every city is different. In San Diego, they charge by the quarter and you reserve your day and times. Check with your local parks and recreation centers to see what their guidelines are. You can also call schools, they often have fields that are empty on the weekends.

7. Is there an age limit to attend class? All ages are welcome! We have been having a lot of success with kids in the class! Especially a one-time class to get people acquainted with it. I would encourage that their parents be present and preferably taking the class as well. The kids really love the exercising part, especially with their dogs. And we make it fun by adding games and drills. We modify all exercises for older or injured participants.

8. Is it better to work with a dog store or other dog business? Having these classes is a great way to cross promote your businesses. Working together will expand your reach to new clients. I highly recommend you get as many businesses on board as possible. You can even invite a non-profit in and have the class as a fund raiser!

9. Have you ever run into a problem with a dog biting another dog or person. No, the dogs are on leash and if there are at all uncomfortable around other dogs, we keep them separated. The owner is fully responsible for their dog and that is stated in the waiver that they sign. I supply a sample waiver in the manual for you!

10. How trained does the dog need to be to attend class. We keep the dogs pretty active during class. Our goal is to mentally and physically tire them. The dogs do not need to be trained and we have many that do not know basic commands but with continued attendance, they learn fast!

