

# San Diego Beauty and Fitness

Exercise With Rover At Leash Your Fitness

*Busy fitness-oriented owners can sweat with their pets*

**By Wendy Lemlin**

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Debbie Redondo and Murphy at a Leash Your Fitness class.

Courtesy photo

At a recent [Leash Your Fitness](#) class, the dogs ranged in age from puppy to 12 years old. The humans looked to be in their 30s to 60s. The dogs sniffed each other to get acquainted; the people, thankfully, did not. The evening air was cool, and everyone was ready to warm up, so we placed our yoga mats down on the damp grass alongside Mission Bay, and started with some stretches as the dogs tried to sit still and contain their excitement until it was time to run and jump.

For many busy, fitness-oriented dog owners, there's a dilemma when it comes to free time: Get in a good workout or take Rover for the long walk he really needs. [Personal Trainer Dawn Celapino](#) faced that conundrum when she adopted her Cairn Terrier, Jack in 2005. Rather than hitting the gym, she found herself taking her workouts outside and including Jack in her

exercises.

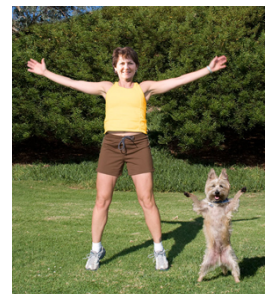
In 2008, she founded [Leash Your Fitness](#), incorporating circuit training programs for people and agility training for dogs. Everyone, canine and human alike, gets in a boot camp-style workout, and everyone has fun.

My dog, Sophie, and I attended a class last week, along with about eight other dog-and-people pairs. After our stretches, we sprinted through a zig-zag course of cones and then jumped over a set of increasingly higher hurdles. Now, Sophie's a low-to-the-ground kind of dog, and although really active, she's also almost 11 years old. I wasn't sure she'd be able to keep up and make it over the higher hurdles. She did fine, though, sailing over the jumps with a big doggie grin on her face, which she kept for the duration of the hour-long class. Lucky dog that she is, she got to rest while we humans did the various strength training exercises—yoga, crunches, push ups, etc.—that were interspersed with more sprinting, skipping and other forms of cardio.

By the end of the class, I was dog-tired. Sophie, on the other hand, was ready for more.

"Many people don't realize what a good workout they'll get", says Celapino. "They think it's going to be all about the dogs. All my instructors are certified personal trainers, and classes are designed to accommodate all fitness levels for both the people and the dogs. We teach everyone, from marathon runners to senior citizens who have never exercised before, and every size dog, from Chihuahua to Great Dane. Everyone can go at their own pace."

When I ask various members of the class why they come, most say exercising is a lot more fun when they could involve their dog. Everyone agreed that it not only saved time but that they got in a much better workout than they would do on their own.



Dawn Celapino and Jack.

Courtesy photo

[Classes](#) are currently given at Mission Bay, Carmel Vallley and Coronado, and will be starting in East County in February. The first class is free, and subsequent classes range from \$25 for a single class to \$144 for 12 classes. You try out Leash Your Fitness at a number of [community events](#).

## Mode Beauty



[Wendy Lemlin](#)

**About the author:** Wendy Lemlin has lived in all four corners of the country and places in between, but has been thrilled to call San Diego home since 2004. A well-published writer, copywriter and photographer, she has enjoyed immersing herself in everything her new home has to offer, be it an incredible meal at one of the city's best restaurants, or hiking to an aah-inspiring view from a near-by mountain. Whether traveling to the far-flung parts of the globe, or the near-flung corners of her own backyard, Wendy is constantly seeking out, and writing about, new experiences, often in the company of her favorite companion, Sophie the Wander-dog. For her part, Sophie can't believe that she actually gets to live someplace with so many dog parks, Yappy