

California Natural Muscle Presents

2010 Bodybuilding & Figure
PRO TRAINING CAMP

Saturday, February 13
Sunday, February 14



Tina Smith & Bob Bell



Dr. Joe Klemczewski
perfectpeaking.com



Moji Oluwa
mojifitness.com



Michelle Shepherd



Joan Lopez



Powerhouse Gym
11327 Folsom Blvd
Rancho Cordova, CA. 95742



TOPICS:

- Training Sessions with Professional Bodybuilders & Figure Athletes
 - Contest Dieting & Peaking
 - Figure Contest Prep
 - Stage Walk & Appearance
- Mandatory Poses & Routine Choreography
 - Judging Clinic & Critique

REGISTRATION RATES:

- Entire Weekend: Only \$295
- Registrations Due by Feb 3rd
- Early Registration By Jan 15: \$250
- Late Registration, paid at door \$325
 - Group Rate: 3 or more Received by Jan 15 \$195
 - Single Day Attendance \$175

**** Rates Include Lunch & Seminar T-shirt ****

For More Information:

916.354.1769

Email: cnm@californianaturalmuscle.org

CALIFORNIA NATURAL MUSCLE.org



Dave Goodin
texasshrederclassic.com



Chrissy Zmijewski
goddessathlete.com



Arlene Lurey
bodybuildingmakeup.com



Wade Brown
Head Judge



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Special Rate \$69