

Posing & Conditioning Classes

Classes will be held on Saturdays
for 10 weeks. dates listed below

Class schedule:

First class Beginners ONLY Jan 28th.

Feb 4th, 11th, 18th, 25th

March 3rd, 10th, 17th, 24th, 31st, & April 7th

*Classes located at
6331 98th PL NE, Marysville*

Figure / Bikini class 4:30 to 5:30.

Quarter turns, T walks & Conditioning.

If you want Body fat testing arrive a 1/2 hour early

Bodybuilding class 5:10 to 6:10

Quarter turns, Mandatory poses & Conditioning.

If you want Body fat testing arrive a 1/2 hour early

Space limited call early to reserve a spot

Call 360-653-7414 ask for Kevin Or Denise

Cost \$20.00 per class