

Posing & Conditioning

Classes will be held on Saturdays at 4:30pm
for 8 weeks. Dates Listed Below

**No class will be held on;
June 19th, July 3rd & July 17th!!**

Information on training, nutrition, fat loss & contest prep!
4:30 Figure, 5:00 Conditioning 5:30 Bodybuilding.

Class Schedule:

<i>May 15</i>	<i>PA Fitness</i>	<i>Beginner Posing Class</i>
<i>May 22</i>	<i>United Fitness</i>	<i>Posing Class</i>
<i>May 29</i>	<i>United Fitness</i>	<i>Posing Class</i>
<i>June 5</i>	<i>United Fitness</i>	<i>Posing Class</i>
<i>June 12</i>	<i>United Fitness</i>	<i>Posing Class</i>
<i>June 26</i>	<i>United Fitness</i>	<i>Posing Class</i>
<i>July 10</i>	<i>United Fitness</i>	<i>Posing Class</i>
<i>July 24</i>	<i>United Fitness</i>	<i>Posing Class</i>

*United Fitness is Located at
6331 98th PL NE, Marysville.*

Space limited Call Early to reserve spot

Call 360-653-7414 ask for Kevin Or Denise

Cost \$150.00 for 8 classes

or \$20.00 single classes

Teens \$75.00 for 8 classes

July 29
Class

Marysville Gold's Gym

Posing