

Fitness, Figure, Bikini, and Bodybuilding Workshop



Sponsored By:

ELITE

fitness & figure / *Bambi Boutique*

Workshop

Date: February 6, 2010
Time: 11:00 AM
Place: Marriott Hotel
3950 Grandview Parkway
Birmingham, AL 35243

Registration

Pre-registration - \$45.00 (September - January)
Registration - \$65.00 (February)
Discount rate available for Elite Fitness and Figure team members
Discount rate available for trainers with 5 or more entries

Contact

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elitefitnessandfigure.com

Payment Mailing Address

Greg Hasberry
705 Mohican Circle
Birmingham, AL 35214

Special Guest: Peter Potter

Gregory Hasberry and Sonya Davis are thrilled to announce the guest speaker for the February 2010 workshop is Peter Potter. Peter Potter is Vice President of the NPC, IPC Promoter, and judge. This is a rare opportunity to get contest preparation information from such a prestigious NPC Vice President.



Greg and Britney

Greg Hasberry has built a solid reputation for being one of the best personal trainers in the Southeastern United States and is certified by the International Federation Of Fitness Professionals.

Greg's Total Package training and workshops will get you edge it takes to be a Total Package winner. Through this personalized and group instruction you will learn how to be prepared to compete on a regional, national, or professional level in fitness, figure, bikini, and bodybuilding. Greg's motto is "The difference is in the detail" and at the Total Package workshop you will learn exactly what that means.

This workshop is for any level of fitness, figure, bikini, and bodybuilding competitor. If you are thinking of entering your first show, then you must attend the Total Package training workshop and compete in your first show with confidence.

Total Package Details

- Hair
- Make up
- Suit selection
- Clear heel selection
- Posing (pre-judging and evening show)
 - Fitness/figure
 - Bikini
 - Bodybuilding
- Tanning
- Marketing
- Survival kit
- Good sportsmanship
- Do's and don'ts



Gregory Hasberry
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Elite fitness and figure.com