

Free Admission!



2012 Natural Bodybuilding & Fitness Seminar

Saturday, January 14th, 2012 1:00-3:30 p.m.

Turning Point Studio
4058 Auburn Way N #4
Auburn, WA

Hosted by NANBF Promoter & IFPA Pro Marla Battles
and
NANBF Regional Head Judge & IFPA Pro Katy Wayman-White

What is the NANBF & Drug Free Bodybuilding?
Mandatory Bodybuilding Poses
Figure/Fitness Quarter Turns & Bikini Half Turns, "T" Walks
Posing Routines & Music
Training Tips
Pre-Contest Prep & Diet
Color and Spray Tanning
Judging Questions
Posing Suits

For more information contact: Marla Battles Naturalpro44@gmail.com
Or Katy Wayman-White ktwwhite@hotmail.com