

Rock Star Fitness Weekend

Hosted by

Jenny Lynn and Trish Warren

Learn What It Takes to Become a Rock Star in the Fitness World



**Friday & Saturday
June 19 - 21, 2009**

Location: Dallas, Texas

La Quinta Inn
1001 West Airport Fwy
Eules, Texas 76040
1-800-531-5900

WHO SHOULD ATTEND:

- Figure Competitors
- Fitness Competitors
- Bikini Competitors
(Learn NPC NEW Bikini Posing Guidelines)
- Potential Competitors
- Plus Anyone Who is Looking to get into Shape or Live a Healthy Lifestyle

ACTIVITIES DURING THE WEEKEND:

- Workouts
- Posing Session
- Prep for a Show
- Tanning & Make-up
 - Nutrition
- Strategy for a Show
- Professional Photo Shoot

For More Information: Email: jennylynnfitness@yahoo.com