

California Natural Muscle Presents

2010 Bodybuilding & Figure  
**PRO TRAINING CAMP**

Saturday, February 13  
Sunday, February 14



Tina Smith & Bob Bell



Dr. Joe Klemczewski  
perfectpeaking.com



Moji Oluwa  
mojifitness.com



Michelle Shepherd



Joan Lopez



**Powerhouse Gym**  
11327 Folsom Blvd  
Rancho Cordova, CA. 95742



Dave Goodin  
davegoodin.com



Chrissy Zmijewski  
goddessathlete.com



Arlene Lurey  
bodybuildingmakeup.com



Wade Brown  
Head Judge



10744 Gold Ctr Dr.  
Rancho Cordova, CA  
916 .635 .4799  
Special Rate \$69

**TOPICS:**

- Training Sessions with Professional Bodybuilders & Figure Athletes
  - Contest Dieting & Peaking
    - Figure Contest Prep
    - Stage Walk & Appearance
- Mandatory Poses & Routine Choreography
  - Judging Clinic & Critique

**REGISTRATION RATES:**

- Entire Weekend: Only \$295
  - *Registrations Due by Feb 3rd*
  - Early Registration By Jan 15: \$250
  - Late Registration, paid at door \$325
    - Group Rate: 3 or more Received by Jan 15 \$195
    - Single Day Attendance \$175
- \*\* Rates Include Lunch & Seminar T-shirt \*\***

**For More Information:**

**916.354.1769**

Email: [cnm@californianaturalmuscle.org](mailto:cnm@californianaturalmuscle.org)

**CALIFORNIA NATURAL MUSCLE.org**