

The WNBF/INBF World Champion Fitness Camp
Saturday, August 14, 2010
Hosted by WNBF World Figure Champion Janet Marsico
And sponsored by Revolutionary Technology Nutrition and the
WNBF/INBF

Date: August 14, 2010

Time: 9:00 (**sharp**) Registration, Welcome Packet and Schedule of Events
9:30-5:00 Seminars; Boot Camps; Workshops; Raffles, Lectures and
so much more!!!

Cost: \$150.00 (**money orders only**) payable to "Janet Marsico"

To Register: Go to http://thefigureworkshop.com/register_1on1.pdf

Location: Tyler English Fitness, 12C Cheryl Drive, Canton, Connecticut 06019

Presenters: WNBF World Figure Champion; Official
Figure Stage Coach for the INBF/WNBF;
Owner of thefigureworkshop.com, **Janet Marsico**

WNBF Pro Bodybuilder and Owner of Tyler English Fitness, **Tyler English**

WNBF Pro Figure Competitor; Ms. Fit Body Champion; and writer of "Kel's
Kitchen for Natural Bodybuilding and Fitness Magazine, **Kelly Reighard**

INBF Bodybuilder, C.S.C.S. and Program Director for The Diet Doc Team,
Sean McCauley

WNBF World Figure Champion, WNBF Northeast Classic Pro Figure Champion,
Melissa Kelly

WNBF Pro Figure Competitor, Fitness Model, **Carol Sandi**

Esthetic Physician, **Dr. Marc Epstein** (*please note, we do not promote or
advertise plastic surgery nor does the INBF/WNBF require any of our competitors
to esthetically make any changes to their physiques. We provide lectures from
physicians for competitors to be properly "educated" and in the right direction
should they choose to do so.

Raffles and give-aways:

The Figure Workshop: gift certificates for services; gift certificates for clothing
apparel and more!! (<http://thefigureworkshop.com/>)

Revolutionary Technology Nutrition; will be raffling off a gift basket filled
with products and supplements (<http://www.revolutionarynutrition.com/>)

Tyler English Fitness: will be raffling off a membership towards their amazing boot camp and other facilities (<http://tylerenglishfitness.com/>)

Cynthia James (“CJ”); suit guru and suit/fitness apparel designer to the top pros out there will be raffling off a gift certificate towards a custom made swimsuit (<http://cynthia-james.com/>)

Fabulous Fitwear, LLC: will be raffling off a gift certificate towards \$175.00 towards a figure posing suit; a \$125.00 towards a stagewear bikini (Best Body); a men’s posing suit; **AND a free pair of rhinestone earrings as a gift to each of our female participants!!!!** (<http://fabulousfitwear.com/default.aspx>)

B-FIT, Personal Training Studios; is raffling off a 3-month membership at their Madison, Connecticut location worth \$200.00 (<http://bfitstudios.com/>)

MA Suit Design: is raffling off a gift certificate of \$300.00 towards a women’s competition suit (<http://masuitdesign.com/>)

This is just a start of what we offer during our raffle portion. As we get closer, we have more add-ons and more fitness friends who love to participate at our Camps. We have the most raffle participants ever at any Camp out there!! We love to have fun, give back to our industry and do what I call “pay it forward” for all!!!

HOTEL INFORMATION: For those of you who need to book a reservation at a hotel: When booking, use the group code “Figure Workshop:” to receive the discount rates

Farmington Inn, 827 Farmington Avenue, Farmington, 06032
(<http://www.farmingtoninn.com/>) 860-677-8332

Prices:\$89.00 (standard room)
\$119.00 (suite)

Please note: these rooms are only a this rate until July 31, 2010 and will go up in price after that date.

PLEASE NOTE: There is a cut off date of August 1, 2010, but we do not like to turn anyone away so if you plan on getting your registration in late, please make sure to contact Janet to make sure there is still room. This Camp is filling fast!!!!

As we get closer we will be sending out updates and additional raffle Participants. The Schedule of Events will be in your Welcome Packed when you sign in and register the morning of the Camp. Please remember to be there at 9:00 am sharp so we may begin at 9:30 as scheduled. We have some amazing things planned for you!!!!

Any questions, please contact Janet Marsico at marsico711@aol.com

