

The 4<sup>TH</sup> Annual Janet Marsico WNBF World Figure Champion and  
Official Stage Coach for the WNBF/INBF  
Super Fitness Camp is here again!!!  
Sponsored by Revolutionary Technology Nutrition

**Location: Danse Elite**

715 Mamaroneck Ave, 1st Floor  
Mamaroneck, NY 10543

**Date:** Sunday, March 18, 2012

**Cost:** \$150.00 for the ENTIRE DAY!!! or  
\$ 50.00 for the Nicholas Zak training and nutrition Seminar portion  
only

\*(this is an exception for our men attendees

**ONLY)**

**Time:**

9:00 am (sharp, please check in no later than 8:45 to receive your welcome packet and schedule of events for the day)

3:45 pm Raffles: (Over \$2,500.00 in raffles and gift baskets! Last year we gave away \$2,000.00 in raffles). We already have several companies from last year sending in raffles again plus some new and exciting companies added to the list!!! See our raffle list attached!!!! This will be updated on the web site as more raffle participants are added!

Also this year each participant will receive a free Instructional DVD from The Figure Workshop!!! Plus refer two friends and your fee is WAIVED!!!! (information provided on registration sheet)

**Ends:**

4:00 pm

**What's in store:** Seminars on posing for Figure, Bikini, Best Body Swimsuit and Ms. Fit Body (and if anyone competing in Women's bodybuilding we will provide posing for this as well); We will have seminars on training and dieting; hair, make up, suit and shoe selection, how to pick the right show, category, jewelry selection and everything else from A-Z that you will need to know about competing and "Owning That Stage" the day of your show including how to market yourself and much much more!!!! And also we are

working on a return of last year's amazing Boot Camp as well. Presenters will be added in Newsletters that will be sent out periodically. Make sure to sign up on our home page (left hand side) to ensure you receive all updated information on this and all future events, Workshops and Seminars at <http://thefigureworkshop.com/index.html>

Spaces are limited so sign up today!!! For more information or questions contact Janet or Toni Anne at either

[jmarsico@thefigureworkshop.com](mailto:jmarsico@thefigureworkshop.com) Janet Marsico, Owner and Founder of The Figure Workshop

[tpasquin@thefigureworkshop.com](mailto:tpasquin@thefigureworkshop.com) Toni Ann Pasquin, Assistant to Janet Marsico

or visit [http://thefigureworkshop.com/fitness\\_camp.html](http://thefigureworkshop.com/fitness_camp.html)

**Directions:**

**From the North:**

Take I-95S and take exit 18A toward Mamaroneck. Turn Right onto Mamaroneck Avenue

**From the South:**

Take I-95S and take exit 18A toward Mamaroneck. Turn right onto Fenimore Rd. Turn left onto Waverly Ave. Turn left onto Mamaroneck Avenue

Danse Elite will be on your left hand side just after the Hess Gas Station, parking is in the rear of the building which is where you can also enter the building from. (the sign for the studio on the building is small)