

HARD CORPS -SERIES-

LEARN FROM THE OLYMPIANS SEMINAR

HOSTED BY DR. HODGE

Sat, Feb 20, 2016

10 AM · Area 2 Gym

FEATURING

CHARLES DIXON, IFBB

MONIQUE JONES, IFBB

This seminar will cover many different topics regarding contest preparation.

- How to diet for show
- Proper workout and training routines
- How to properly pose for each category

There will be hands on portions of this seminar. Please wear appropriate PT wear.

\$25/person Register at any MCCA Lejeune-New River Fitness Center.



INFO: 910-451-0826 | MCCSLEJEUNE-NEWRIVER.COM/HARDCORPS

Open to all authorized patrons.

CHECK ONE: ☐ ACTIVE DUTY ☐ DEPENDENT ☐ OTHER: _____

NAME _____ PHONE () _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

