



from the head judge...

*"What I look for
in a body"*

SHOW & POISING CLINIC

- Nutrition tips
- Different methods to peak week
- First show steps for success
- What it takes to go pro
- Traveling and fun during prep
- Meal prep
- Head Judge tips and advice
- Posing class

Ready, set, let's prep!

Platte Canyon
Community Church
4954 Co Rd 64, Bailey

Saturday, May 11th
1pm - 3pm

FREE!
Reserve your
spot



Let us know you'll be there!!
beastoperations.com/events