



Fitness Atlantic Prep Camp

COMPETITIVE FITNESS, FIGURE, & BIKINI



Dates & Times

Saturday, January 29, 2005

9:30am-6:00pm

Sunday, January 30, 2005

9:00am-2:00pm



SPECIAL GUESTS

**National Canadian Champion
& Fitness America Champion,
MS Fitness Canada
Sylvia Tremblay**

**Fitness Universe Champion
Wendy West**

**Bikini Universe Champion
Alicia Denson**

**New England Champion
Dawn Butterfield**

And Many More!

Location

**Savage Choreography Studios at
Core Fitness
85 West Street, Walpole, MA**

Registration Fees

Early Bird -- \$135

After December 10-- \$150

Hotel Information

Marriot Courtyard

Norwood, MA

781-762-4700

Ask for Savage Fitness Camp Rate

TOPICS

- Walking & Posing
- Swim Suits
- Costume
- Nutrition
- Training
- Judges Forum
- Photo Shoots
- Hair
- Make-up
- Tanning
- Choreography
- Music



For More Information call

1-781-820-9703

Or

E-mail

cathy@savagechoreography.com



**“LEARN EVERYTHING YOU NEED TO KNOW
BEFORE STEPPING ON STAGE”**

CAMP SAVAGE 2005
January 29-30,2005
Walpole, Ma. (781)-820-9703

Registration Form

Name: _____

Address: _____

City: _____ State _____ Zip _____

Email: _____

Phone: _____ Cell: _____

Date of Birth: _____

Competition Experience (if any)

Indicate the show you are preparing for _____ OR

Check one:

I plan to compete sometime this year _____

I am not sure exactly when I will be competing _____

I will compete in Figure/Bikini ___ Fitness ___ Both _____

Mail back registration form with check made out to:

Cathy Savage

P.O. Box 267

E. Walpole, MA 02032

Early registration before Dec 10th: (early bird rate only) : **\$135**

After Dec 10th: **\$150**

(Credit Cards are also accepted through PayPal)

PayPal Camp Fee: **\$158** (paypal charges)

Camp Schedule:

Friday, Jan. 28th-(optional) Welcome cocktail party at host hotel (7-9pm)

Saturday, January 29th: 9:30-6pm-Core Fitness/Savage Studios

Sunday, January 30th 9:00-2pm

Hotel: Marriott Courtyard, Norwood MA 781-762-4700

For driving directions to Core Fitness, see www.savagechoreography.com

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cathy@savagechoreography.com