



GST Fitness & Wellness

Presents

The GST Competitor Series

Join Gretchen Crass and Richard Siegelman as they team up for a series that will turn up your heat, taking you to the next level! Are you a competitor or thinking of competing? Are you ready to turn it up a notch? You will be in the gym for a grueling 1 hr workout, followed by 1 hr of posing. You will learn how to pose, how to show off your best body parts! There will be mock stage scenarios, callouts, quarter turns..it all! But most importantly, you will learn STAGE PRESENCE! How to catch a judge's eye in seconds! Followed by critiquing from a National Level NPC judge! It will be videotaped so you can see yourself! The class size is limited to 10 people for a very individual experience for all!

Series starts May 14th, 2009

Series runs 6 weeks to till June 21st, 2009 (there will be more!)

Where: GST Fitness & Wellness

22314 Flintridge Dr

Brookeville, MD 20833

When: Thursday evenings 7-9pm

Sunday evenings 5-7pm

Cost: \$100/class

Special: If you register for Thursday's and Sunday's, your total cost is \$150, savings of \$50!

For more info:

Call GST Fitness 301-938-1978 or email gretchen@gstfitness.com

ASK ABOUT TEAM GST...and how to become a member!!!

TEAM GST

TOGETHER EVERYONE ACHIEVES MORE...WE STRIVE FOR EXCELLENCE!