



# Bodybuilding Seminar

## All Welcome

Ask the experts about:

- Nutrition
- Posing
- Dieting
- Amazing deals for athletes
- Getting on stage
- Hot tips
- And how to prepare for the ...

When?

Sunday 21 June 2009  
10am

Where?

Studio Two  
Les Mills Extreme  
Taranaki Street

Grab some free

**EAT ME**

whey protein



## Wellington Bodybuilding Championships 2009

Contact Neville 0274 870547 or Maeve 027 288 2963  
NABBA Wellington: Putting Athletes First!