

FITNESS SEMINAR CLINIC



when: **November 23 - 24 Saturday or Sunday**

(Bengals Game Bye Weekend - No Excuses!)
Saturday: 2pm to 7pm • Sunday: 11am to 4pm

where: **Cincinnati Gymnastics Academy**

Woodridge Avenue, Fairfield Ohio

cost: **\$25 for One Day / \$40 for Two days**

If you bring your spouse or relative you pay \$38
Students \$15, Under 12 Free

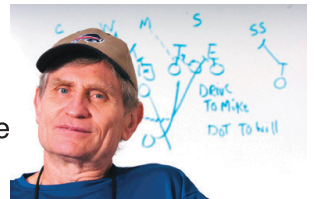


Two days of fitness topics and working out, and **YES I WILL BE KICKING YOUR BUTT.**

- nutrition
- meal planning
- weight training
- kettle bell training
- cardio training
- plyometric training
- circuit training
- fitness myths
- proper form techniques
- how to plan your workouts
- how I got my bodybuilder physique
- how I gained 50 pounds
- how I lost 50 pounds
- how I have maintained balance for five years
- scheduling issues
- and MANY MANY more topics

Choose to come to either day, or just come to both! I will be covering the same topics but with different workouts.

My Dad, *Cincinnati Bengals Coach from 1980-1995 (and current consultant for the Bengals)* will be making an appearance and possibly offer motivational speaking.



All payments need to be made no later than October 31st. At that time a detailed itinerary will go out to everyone.

Please pass this on to anyone you know who is interested in getting fitter and learning about nutrition and training.

PAY ONLINE: WWW.BETSYMCNALLY.COM

