

F.I.T. Chicks

Freakishly Intense Training for ladies interested in
Bodybuilding, fitness, or figure competitions



OR just looking like a competitor!!

WHO?

This newly formed team is comprised of *ladies of all ages, seasoned competitors (amateur and Pro levels), individuals preparing for their very first competition, anyone THINKING about competing, or simply wanting to get in the best shape of their lives.* It is a support system as well as a means to get new ideas, information on competition preparation, and contacts to help facilitate a successful experience as a physique competitor.

WHAT DOES IT ENTAIL?

We will have monthly meetings, outings and boot camps. Each meeting will cover different aspects of competing from competition nutrition and food preparation to workouts to tanning, nails, hair, etc. You will receive competition schedules, websites for designers, suits, and shoes, choreographers, and step by step guides for preparation including posing guidance. There is no charge for monthly meetings. Team members will receive significant discounts on training and nutrition!!

WHEN?

Our first meeting was Friday, May 8. Everyone received a competition preparation guide so if you are interested in receiving a copy, let me know!! **Our June calendar is as follows:**

Saturday May 23

Obstacle Course outing in Virginia (about 45 min. drive)

Leaving Columbia Life Time Fitness at 8:45 am

Will be back by noon!!!

Cost: \$23.00 (\$20.00 for the obstacle course and \$3.00 to split between the drivers for gas)

Sign up today!!

Friday June 5-Sunday June 7

Mike Davies Fitness Factory Boot Camp-see brochure!!

Saturday, June 20

Monthly meeting-topic: "Nutrition for Life, nutrition for YOU!"

T-shirts!!

It will be an introduction to members and a seminar entitled: "Physique competitions: What does it take?" You will get an overview of what is required to become a competitor and will be able to talk to people with experience. We will schedule the first Boot Camp according to everyone's availability.

Saturday, June 27

The Tracy Greenwood Bodybuilding, fitness, and Figure show
Come cheer Doreen on in her first figure competition...the first F.I.T Chick
to take the stage!!!! Details TBA!!

*For more information or to sign up, Call Stacy Wig at 443-430-2165 or email
wigfit@hotmail.com.*

What are you waiting for??