

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!!

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

What are you waiting for??