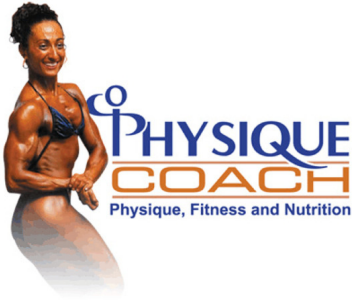


Physique Coach Frances Manias presents...

"Strength and Beauty Unite"

Saturday, June 21, 2008



Join us at the Physique Studio for this premier women's only seminar with guest coaches **Krista Schaus** and **Susan Abbott**.

Highlights of the day include:

BRUTE!

The Odd Lifts ...interesting and effectively fun training techniques

BALANCE!

Balancing hormones through Biosignature Modulation

BEAUTIFULLY BUFF!

Building a killer body with physique training and nutrition

BUILD!

Advanced strength training techniques for women

Time: 9:00 am – 1:00 pm

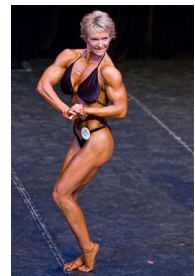
Cost: \$75.00 +GST

Location: 162 Old Ancaster Road, Dundas

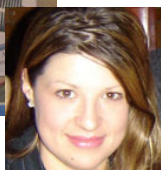
**Dress for activity as this will be both a hands on workshop and seminar
Space is limited to 20, so reserve your spot with payment today!**



Krista is a Canadian Powerlifting Champion and record holder, Strength Coach and owner of Defining Edge Fitness Inc. Her Poliquin Performance certification in both Strength and Conditioning, and Biosignature Modulation makes her a much sought after coach around the world! Krista's 2008 challenge was to enter the world of bodybuilding, and since January has successfully competed in local, provincial and national level contests.



Susan Abbott is a Certified Personal Trainer and strength coach from Hagersville. As a Canadian Powerlifting and Strongman competitor, she most recently pulled a personal best 297 lb deadlift for the silver medal placing in the 82.5 kg Open class at her first National powerlifting competition.



**Frances Manias, Physique Coach
Canada's National Bodybuilding Champion**

**162 Old Ancaster Road, Dundas ON 905-379-4007
frances@PhysiqueCoach.com www.PhysiqueCoach.com**



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