

PHYSIQUE COACH AND DEFINING EDGE PRESENT *STRENGTH AND BEAUTY 2010*



Pudgy Stockton's feats of strength and fitness smashed barriers and inspired generations of female athletes to excel in sport, fitness and physique. Now it is time to take it to the *NEXT LEVEL*.



NEXT LEVEL

ELITE COACHING FOR WOMEN

A FOUR MONTH PROGRAM DESIGNED TO TAKE ELITE WOMEN TO THE NEXT LEVEL IN PHYSIQUE, NUTRITION AND FITNESS



- YOUR INVESTMENT: \$599+ GST
- THE LOCATION: PUR FITNESS, MILTON, ON
- THE PROGRAM: 4 INTENSIVE THREE HOUR TRAINING SEMINARS ONGOING DIALOGUE AND GROWTH WITH AN ELITE COMMUNITY OF LIKE-MINDED WOMEN
- YOUR COACHES: FRANCES MANIAS AND KRISTA SCHAUS *WITH SPECIAL GUEST COACHES*

DATES

JAN 30
FEB 27
MAR 27
APR 24
11:00 – 2:00

**Meet coaches
& Assessment**

Fri. JAN 15 &
Sat. JAN 16
(details TBA)

**FOR MORE INFORMATION AND TO
PRE-REGISTER EMAIL
INFO@DEFININGEDGE.CA
SPOTS ARE LIMITED**