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As competitor ourselves, we understand that Competition can be brutal with very little fun until you step off stage and your on your way to eat! Center Stage Figures wants to make sure we can add some fun along your way to the Stage! We have invited the above companies to help us in our mission to make your day a fun yet informative one.

The above business have put together a gift basket that one luck lady will win the day of Camp. The winner will be picked from a raffle. The gift basket will consist of gift certificates for competition shoes from Sexy Shoes, \$50 off your new competition suit from Vandella Costumes, Scivation products,

The Art of Figure Competition DVD, From Center Stage Figures, a special gift from Studio 10 cosmetics and more! Sexy Shoes, Studio 10 Cosmetics, Scivation, and Vandella Costumes will have tables set up at camp and Ben Hoffman, professional photographer will be on hand to shoot pictures.

**Mark Your Calendars!**

### RSVP TODAY

[Mary@CenterStageFigures.com](mailto:Mary@CenterStageFigures.com)

or

[Tina@CenterStageFigures.com](mailto:Tina@CenterStageFigures.com)

All Day Camp \$40

Posing Clinic Only \$30

To secure your spot please RSVP  
(space is limited)

Payment can be made in cash the  
day of camp.

- OR -

You may advance pay via

[www.PayPal.com](http://www.PayPal.com) Payee:

[Mary@CenterStageFigures.com](mailto:Mary@CenterStageFigures.com)

## Figure & Female Bodybuilding Competition Camp

World Gym- Bowie, MD

March 14<sup>th</sup>, 2010

### Center Stage Figures Presents - Figure & Female Bodybuilding Boot Camp

As the 2010 Competition Season is fast approaching, it is time to dust off the competition heels, pull your suits out of storage and join Mary Bell and Tina Peratino, Senior Competition Coaches for Center Stage Figures. This will be a Ladies only Competition Camp (male supporters are welcome).

The day will consist of two segments. The First section of the camp will address diet, supplements, training, stage presentation, make up, hair, suits, shoes and any other questions you may have as it relates to competition. The Second section of the Camp will be a Posing Clinic. All divisions and organizations rules will be taught; Figure, Fit body, Best Body and Bodybuilding. The Competition Camp will start check in at 12:30pm; 1pm will start the Q & A section, followed by group/individual posing and walking. You will have hands on individual help by Tina and Mary. You will also be put into groups to stimulate your experience on stage. For many of you this will be practice for others this will be brand new. If you are seasoned or new to the sport you will benefit!

#### Camp Presenters

The Figure, Fit Body, Bikini & Female Bodybuilding Competition Camp will have three of the industries best experts in their given field.

Mary Bell, Started competing in Figure 10 years ago and has been a WNBF Figure Pro for the last 6 years. She is currently ranked second in the World, in tall Pro Figure. She is the owner of Center Stage Figures and has taught hundreds of women in the art of Figure Competition. To read more about [Mary](#)

Tina Peratino, has been competing since 2005 and is an IFPA Pro Bodybuilder and Figure Champion in multiple organizations. In addition to being a Senior Competition Coach for CSF, she is a wife and mom and holds a full-time job outside of the sport. Tina knows the challenges of raising a family while also being a professional athlete, coach, mentor and judge. To read more about [Tina](#)

Studio 10 Cosmetics owner, Tanya Lewis is known as one of the best make up artist in the industry. She has the talent to make anyone look glamorous. She can make sagging skin look smooth, make scars and tattoos disappear and when Tanya is done you will look like you are ready for the red carpet! To learn more about [Tanya](#)

#### Camp Supporters

