



“FINAL TOUCHES” WORKSHOP!

...With Mr & Ms Fitness Pageant



**Lights, Music and ACTION! - Lets Get Ready!
EVERYTHING YOU NEED TO KNOW!**

**A Power Packed Workshop
the Finishing Touches,
for your BIG DAY**

Venue: Plattekloof Planet Fitness
Date: Saturday 7th August
Fee: R 50 p/person
Time: 11am—2pm
Contact: Bernadette 083 3000 297
Or: Michelene 083 765 3770
Dress: Casual
Ladies bring your heels along!



**that will provide you with all
Knowledge and Preparation
ON STAGE!**

