

Hi Competitors,

Los Alamos Fitness Center will be hosting Bodybuilding Posing Classes starting Sunday, August 8th. Below are the details:

Instructor: Jayson Blanchard

Cost: \$10 per class cash or Money Order paid to the instructor at time of class

Location: Los Alamos Fitness Center. 771 Central Avenue, Los Alamos, NM 87544

Time: 2:00pm to 3:30pm

Dates Class will be held Sundays:

August 8th

August 22nd

August 29th

September 5th

Please note that this class is for bodybuilding posing only and does not include posing for the figure or fitness divisions. We are working on trying to get a posing/t-walk class hopefully soon.

Please take advantage of this class, it will help you excel in the Competition come September.

Thanks!