

**Men's and Women's Natural Bodybuilding, Physique/Athletic, Fit Body,  
Figure & Bikini Posing Seminars**  
[WWW.MISSIONACCOMPLISHEDSTUDIO.COM](http://WWW.MISSIONACCOMPLISHEDSTUDIO.COM)

**COST:** *\$30/person/seminar OR all 4 seminars for \$100 (pre-paid)*

**DATES:** Saturday Feb. 24<sup>th</sup> 2018 8am-10am  
Saturday March 24<sup>th</sup> 2018 8am-10am  
Saturday April 7<sup>th</sup> 2018 8am-10am  
Saturday April 21<sup>st</sup> 2018 8am-10am

**WHERE:** **Mission Accomplished Studio**  
**S 4530 Porterville Rd**  
**Eau Claire, WI 54701**  
**715-832-0909**  
**kim@kimayres.com**

**RSVP: call or email**

**Bring posing suit/shorts and sports bra & heels**

Maybe you've never done a show but always dreamed of being on stage showing off your "rock hard" body...and now you need to work on getting that body stage ready through proper diet & exercise. Maybe you've got the physique for it already but there are posing suits and routines to think about. Perhaps you need to perfect your posing, your walk or your strength moves before you can truly make your mark. Mission Accomplished can help you with all areas of bodybuilding and figure show prep; from diet and workout to posing routine and all those last-minute backstage secrets to show off what you've worked so hard to achieve.

