

Friday – Host Hotel							
6:00 pm – Meet, Greet, Registration – General Information & Questions @ Hotel Lobby/Meeting Room							
7:30 pm – Staff and Judges Meeting							
Saturday – Bally Total Fitness							
Session	Time	Description	Presenter	Location	Fitness	Model-Search	Figure
I	8:15 – 9:15	Camp Overview, Categories, Rules and Guidelines	Staff	Upstairs Conference	X	X	X
	9:15 – 9:30	Energy Break					
II	9:30 – 10:25	Weight Room Techniques	Tim Murray	Weightroom Floor	X	X	X
III	10:30 – 11:25	Quarter Turns / Posing / Figure & Fitness	Ron Pierre	Upstairs Conference	X	X	X
	11:30 – 11:45	Energy Break					
IV	11:45 – 12:45	Choreography Session 1	Christopher	Aerobic Studio	X	X	X
	12:45 – 1:30	Lunch					
V	1:30 – 2:45	Skills n Drills – Fitness Routine Putting It All Together	Trina/Paul/Shannon	Aerobic Studio	X		
VI	2:45 – 3:45	What It Takes To Be A Fitness Model – Working with Photographer	Dave Robinet	Aerobic Studio	X	X	
	2:45 – 4:00	Break out with counselor (Private Sessions)	Camp Counselors	Full Gym Use			
VII	4:00 – 4:45	Pilates / Stretching – Body Recovery	Marquis Williams	Aerobic Room	X	X	X
Sunday – Bally Total Fitness							
Session	Time	Description	Presenter	Location	Fitness	Model	Figure
	8:00 – 8:30	Photo Shoots or Warm-up/Breakfast (Setup with Photographer)	Dave Robinet	TBD			
	8:30 – 9:00	Photo Shoots or Stretch and Warm-up	Dave Robinet	Full Gym use			
VIII	9:00 – 9:45	Choreography Session 2	Christopher	Aerobic Studio	X	X	X
	9:45 – 10:00	Energy Break					
IX	10:00 – 10:55	Nutritional Training For Stage & Performance	Ron & Tim	Aerobic Studio	X	X	X
X	11:00 – 12:00	Open Questions & Answers/Putting It All Together	All Staff	Aerobic Studio	X	X	X
	12:00 – 1:00	Open Session / Free Time To Prepare For Show (one – on –one)	Camp Counselors	Full Gym Use	X	X	X
	1:00 – 2:00	Setup Room For Show	All Staff	Aerobic Studio			
	2:00 – 5:00	Show/Legacy South-Central Regional Qualifier	Everyone	Aerobic Studio			

Staff:

Christopher Riles Claire McNally Jeff Johnson Paul Paris Marquis Williams Tim Murray
 Trina Wiggins Ron Pierre Dave Robinet Shannon Phillips

Hotel:

"Holiday Inn Express" 1-972-659-1272 4235 W. Airport Freeway Irving TX 76053 – They provide transportation from DFW to Hotel. They will also help with transportation to Bally Total Fitness. Call Hotel for Triple-A Event Room Block. Let them know you are with the Fitness Event. The Rates are \$79 a night. If you already have booked under higher rates, when you check in tell the hotel to change to the Fitness Event rate of \$79 and they said they will honor this rate. (Make sure you have the right location when booking) Holiday Inn Express

Club Location:

Bally Total Fitness, Irving, (DALLAS) Texas
 2715 N Belt Line Rd, Irving, TX 75062 (Near DFW Airport) - (972) 505-2807 (For Directions Only - No Camp Info)