

2018 *24th Annual* Granite State Open



POSING CLASSES - SEPTEMBER 6th to OCTOBER 11th



**Summer is beautifully, On the move.
And so it is time, That your preparations are too!**

**Write to Ms Turtle, To sign up now.
For the best and brightest, Show prep this Fall.**

**With posing classes, Offered every Thursday night,
You are invited to practice, Till your stage presence is tight.**

**Bodybuilding, Physique, Fitbody, Figure, Bikini and Couples too!
Will be rehearsed and customized, For your best competition you.**

**Still need more? Then add on to the times.
Some Saturday mornings, Even more practice is divine!**

LOCATION: Wildcat Fitness, 7 Mill Road Plaza, Durham

BY APPOINTMENT ONLY: gsobodybuild@comcast.net

Thursdays: 6:30pm - 8:00pm **September 6th to October 11th**

Saturdays: 11:00am -12:30pm **9/8, 9/22, 10/13**

Rates available with sign up



L.J. Turtle
Promotions

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