



LJ Turtle Promotions
Professional Master's Level Personal Training

Personal Posing Classes & Competition Prep

Offered by Appointment

***Get ready for the 2020 Competition Season
with Custom Training for your
Presence, Poise and Polish on Stage this Year***

All Divisions:

Bodybuilding, Fitbody, Figure, Bikini and Men's Physique

Advance sign up is required.

Please contact Ms. Turtle to book your space.

603-659-2288

Upcoming Classes:

Sundays 1-2pm

March 15th & March 29th

Location: Dover, NH

Rates commensurate with frequency

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