

# 2017 Natural Bodybuilding, Figure, Physique & Bikini Seminar

## Free Admission!

## 16th Annual



**Special Guest**  
**Meshack Ochieng**



Mandatory Poses  
Figure/Fitness/Bikini  
Bodybuilding  
Men's/Women's Physique  
Men's Classic Physique  
Pre-Contest Prep  
Color and Spray Tanning  
Judging Questions  
Supplement Booths  
NANBF Judges on Site  
Posing Suits/Shoes



Molly Larson

**Door Prizes**  
**Raffles**



Sloan Gasior

Fashion Show  
By  
**PERFECT FIT GEAR**  
(Showcasing their latest designs)



Scott Gullickson

Saturday, February 11th, 2017  
1:00-3:30 p.m.

Thomas Jefferson Auditorium  
4001 West 102<sup>nd</sup> Street  
Bloomington, MN

For more information contact:  
Aaron Callister  
at [acflexit@aol.com](mailto:acflexit@aol.com)

[Naturalmnbodysbuilding.com](http://Naturalmnbodysbuilding.com)



Brittany Johnson



Megan Soukup



Cindi Nikituk



Marcell Roberts

Other IFPA Pros  
Offering Posing,  
Contest Prep and More:  
Ponce Saysomphou,  
Amanda Hansen  
Becka Swanson  
Jen Callahan  
Steve Millard  
Kristi Gess  
Lamarr Stringer



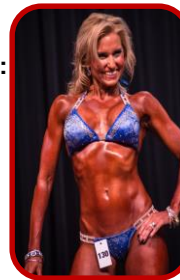
Nadine Schmidt



Carl Seivert



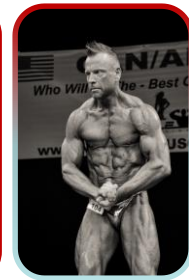
Amanda Essling



Lenore Theobald



Renee McGibbon



Larry Burt

