

**Are you wanting to successfully  
compete in a pageant in 2010?**

Join the team that can help you do that by attending

## **Beauty Queen Boot Camp**

Hosted by:

Josh Rogers of **Energy Fitness by Josh**

**ENERGY FITNESS** by josh

&



Sarah McClary Glitzer of **Capture The  
Crown™ & Spotlight Consulting™**

**Saturday, March 6, 2010**

Four Points by Sheraton, Lexington, KY  
For information, call 317.529.2310

**Visit our websites:**

**[www.energyfitnessbyjosh.com](http://www.energyfitnessbyjosh.com)  
[www.spotlightightonsuccess.net](http://www.spotlightightonsuccess.net)**

## What is Beauty Queen Boot Camp?

**Beauty Queen Boot Camp** is an enriching full day workshop for young women with the goal of performing successfully in pageants and in life. We believe excellence starts from within. Work with our winning team and we will empower you to succeed in the following areas:

- Fitness Regimens and Nutrition Planning
- Goal Setting for an Upcoming Pageant
- Mastering the Pageant Interview
- Writing a Bio that Captures the Judges
- Runway Techniques and Stage Presentation
- Mental Strength and Confidence Building activities

## Beauty Queen Boot Camp Details

**Date:** Saturday, March 6, 2010      **Time:** 10:00am – 5:00pm EST

**Location:** Four Points by Sheraton (\$85/night rate available)

1938 Stanton Way, Lexington, KY 40511

(888) 627-8157 (request Spotlight Consulting rate)

**Details:** \$300 registration fee includes workshop, activities (including two workouts) meal and snacks. Photo sessions available with renowned photographer **Fadil Berisha**, to be held on Sunday, March 7<sup>th</sup>. Call for pricing and to schedule today!

**Register Now...Space is Limited**

Sarah McClary Glitzer

Spotlight Consulting

317.529.2310

sglitzer@gmail.com

**ENERGY FITNESS** by josh



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