



**FITNESS**  
**PERSONAL TRAINING AT GOLDS GYM**  
**WWW.RENFIT.COM**

2008 Announcement

**14th Annual Natural East Coast**  
 May 24th, 2008  
 Haymarket Theatre, Squires Student Center  
 Virginia Tech Campus  
 Blacksburg, VA

**17th Annual Natural Atlantic Coast (NAC VXII)**  
 June 14th, 2008  
 The Arts Council Theater  
 Winston-Salem, NC

Both shows:

- Open Men (4 classes) 1 Pro card
- Open Women (2 classes) 1 Pro Card
- Open Figure (2 classes) 2 Pro cards
- Masters Men (2 classes)
- Masters Women
- Masters Figure (Classes to be determined)
- Novice Men (2 classes)
- Novice Women

Contact:

Get more information and see photos  
 from last year's NAC at  
[www.renfit.com](http://www.renfit.com)

**17th Annual Natural Atlantic Coast (NAC VXII)**  
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