



# CALIFORNIA Fitness Camp 2005

By Coach  
Sylviane



Choreographer, Coach Sylviane

Coach Sylviane  
Sylviane Chapoulaud  
Founder,  
California Fitness Camp  
2005

- \* World-class competitive athlete for over 20 years
- \* Over 10 years as professional coach and fitness instructor
- \* Government Teaching Certificate from the Center Regional Educator Physic of Sport (CREPS) Voiron in France

For more information  
or to register, visit  
[www.sylviane.com](http://www.sylviane.com)  
Or fill out the registration  
form on the back.  
You can also email  
Coach Sylviane at  
[sylviane@sylviane.com](mailto:sylviane@sylviane.com)

*Fitness competitors - sharpen your skills to the cutting edge.*

Saturday September 17, 2005

Check in: 8 am

Camp: 8.30 am - 7 pm

Equinox Fitness Club, Pasadena, California

*Be Fit. Be Smart. Be Beautiful. Be Ready To Compete.*

Coach Sylviane Chapoulaud is a world-class athlete who has been competing and training other pro athletes for over 20 years. Her passion, impeccable credentials and expertise led her to create the West Coast's premier fitness seminar - California Fitness Camp.

Under Coach Sylviane's smart guidance, you'll gain in strength and confidence as you get insight into the tools and techniques necessary to compete and win in Fitness and Sport Aerobic competitions. And you'll love every minute of it. Every aspect of competition is covered by an outstanding team of specially selected fitness experts. They're all jazzed about passing on their knowledge to the next generation of competitors.

*Make the commitment to succeed. Register today for California Fitness Camp.*

## California Fitness Camp 2005 Topics

1. **Mastering the Mandatory Moves for Your Routine - Kim Hartt, IFBB PRO & Fitness Athlete**, will show you how to score high marks on the key moves the judges are watching for.
2. **Incorporate New Transitional Moves for Your Routine - Coach Sylviane, expert choreographer** will teach you dynamic transitions that can liven up your routine.
3. **Nutrition - Iris Kyle, IFBB PRO and current Ms Olympia**, will reveal invaluable nutritional tips on how to become a lean, mean competing machine.
4. **Injury Prevention - Dr. Venus Ramos, MD & Fitness Athlete** will demonstrate through stretching routines and warm-up exercises, how to protect yourself from injuries during competition.
5. **Stage Make-up** - Learn the proper way to apply make-up for maximum effect and beauty on stage.
6. **Posing/Walking** - In addition to athleticism, judges look for poise and confidence. **Nancy Georges, former Miss Fitness USA** will teach you how to walk confidently in high heels and develop a commanding stage presence.
7. **Turns & Jumps - Coach Sylviane** will help you add drama, height and flair to your routine with these power moves.

