


FLEX FOR MUSCULAR DYSTROPHY



Date: January 21, 2012

What:

Charity event to raise money for muscular dystrophy!

Animal Barbell Workout event, Free Giveaways, and a Seminar featuring IFBB Pro Steve Kuclo, Prep coaches and bodybuilders Jeff Dwelle, Skip Hill, and Greg McCoy.

Itinerary:

9a -1pm animal barbell club workout
2pm Seminar!

Cost: \$10 at the door

T-Shirt: \$20 available at event or online at Metroflexplano.com

**All proceeds go to the
Muscular Dystrophy!**



Tawna Eubanks



Skip Hill

Questions on the event? Contact event promoters Greg McCoy or Tawna Eubanks (Greg@metroflexplano.com and Tawna@metroflexplano.com)



Greg McCoy



Jeff Dwelle



Steve Kuclo

