

The N.G.A. 43rd Annual



# Mt. Rogers

DRUG FREE

**Bodybuilding, Figure, Physique & Bikini Championships**

**Saturday, Nov. 17, 2018**

**Freedom H.S.,  
Woodbridge, VA**



Men's: Novice \* Masters \* Physique \* Open classes  
Women's Bodybuilding \* Figure \* Bikini \* Physique  
*and the*

# Mid Atlantic Pro Blowout

Men's Pro \* Men's Physique Pro \* Women's Pro \* Figure Pro \* Bikini Pro

## PREJUDGING - 12:00 PM

### PROS & AMATEURS

\$25 Cash - Adults  
\$10 Cash - Children (under 12)

## NIGHT SHOW & FINALS

**6 PM**

### PROS & AMATEURS

\$35 Cash - Adults  
\$15 Cash - Children (under 12)

\$50 Cash - Combo Ticket  
(Prejudging & Finals) - Adults

For information, tickets & applications:

**703-405-3036**

[www.essentialfitness.com](http://www.essentialfitness.com)



Promoters:  
Sarah & Pam Spindel

Spray tanning  
available on site by:

