

Save THE Date

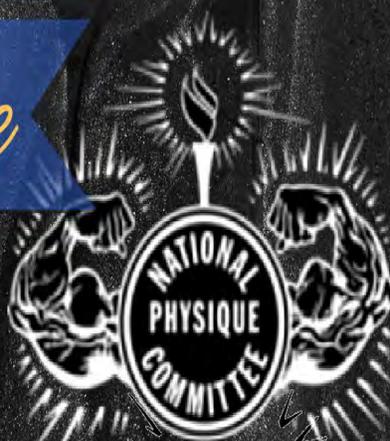
5TH

ANNIVERSARY

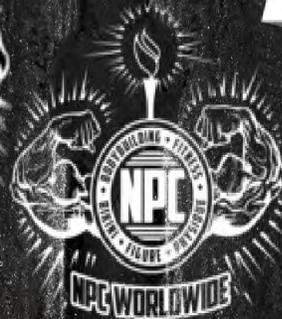
CELEBRATION



IFBB
PROFESSIONAL LEAGUE



USA
BODY BUILDING



NPC
WORLDWIDE

2026
NPC NATIONAL

Women's Seminar

JANUARY 24, 2026
ORLANDO, FL

www.npcwomensworkshop.com

REGISTRATION OPENS SEPTEMBER 1, 2025

| | |
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| 8- 9am- | Coffee/Registration (Coffee Service) |
| 9- 9:15am - | Welcome/ Introduction – Sandy MAIN Sanibel/Cypress |
| 9:15- 10:45 am- | Posing MAIN Sanibel/Cypress Ballroom |
| <ul style="list-style-type: none"> • Fit Model • Bikini | <p>Moderator: Cydney Gillon- Pro- Emma Henderson, Brittni Shae</p> <p>Moderator: Cydney Gillon</p> <p>Pros Staff Speakers/Contributors: Jennifer Dorie, Ashley Kaltwasser, Jess Dolias Lauralie Chappados, Hope Harper, Ivanna Escandar, Alla Afanasyeva , Vania Augusta Nikia Hovey</p> |
| <ul style="list-style-type: none"> • Wellness | <p>Moderator: Cydney Gillon</p> <p>Pros Staff Speakers/Contributors: Isabelle Nunes</p> |
| <ul style="list-style-type: none"> • Figure- | <p>Moderator: Cydney Gillon</p> <p>Pros Staff Speakers/ Contributors: Rhea Gayle, Shanice Abrams, Maria Diaz Autumn Cleveland, Nicole Graham, Jaclyn Baker</p> |
| <ul style="list-style-type: none"> • WP/BB- | <p>Moderators: Cydney Gillon</p> <p>Pros Staff Speakers/ Contributors: Andrea Shaw & Natalia Coehlo</p> |
| 10:45- 11:15 am | Social media Ashley Kaltwasser, Lauralie Chapados |
| 11:15 – 11:45am | NeuX Technologies – Scott Minniear, Andrea Shaw |
| 11:45-12:45 pm | Main Ballroom (each 15 min) |
| <ul style="list-style-type: none"> • Makeup- Amber Lebou • Suit- Anna (OMG Bikinis) • Suit- Margret Chin (Bikinis) • Tanning – Marilyn Spatola (LSR) | |
| 12:45-1:30 pm - | Main Ballroom - Lunch/Raffle (Food Service Amelia Ballroom) |
| 1:30- 2:00pm | Main Ballroom - Dr Indie Vasquez – Naturopathic physician |
| 2:00-2:30 am | Post show- Reverse Dieting etc.- Cydney Gillon, Shanice Abrams |
| 2:30- 3:00pm | Competition enhancing your life - Nikki Alliegro – The Fit Traveler, Andrea Shaw |
| 3:00 - 3:30pm- | WOS- Alina Popa , Alex Sacassa Daily , Lenda Murray, Jessica Schmitt (Chair Stack/Clear Floor) |
| 3:30 – 5:00 Pm | <p>Posing – Breakout sessions with the Pros)</p> <p><u>INSTRUCTORS:</u></p> <p>PRO BIKINI: Jennifer Dorie, Lauralie Chapados, Vania Augusta Hope Harper, Ivanna Escandar, Alla Afanasyeva, Jessica Dolias, Nikia Hovey</p> <p>FIGURE: Cydney Gillon, Autumn Cleveland, Shanice Abrams, Mo Newman</p> <p>WELLNESS: Isabelle Nunes</p> <p>WP/BB: Andrea Shaw, Natalia Coehlo</p> <p>Fit Model – Ashley Kaltwasser, Emma Henderson, Brittni Shae</p> |
| 5:00- 6:00 pm | True Novice- Main Ballroom – Becky Clawson, Bernadette Galvan & Mo Newman (Mock contest) |

Hotel & Venue

All rooms have refrigerators and microwaves



- **USE LINK ON WEBSITE TO BOOK HOTEL ROOM!**

Universal Partner Hotel

As a Universal Partner Hotel we were chosen based on quality, reputation and proximity to Universal Orlando Resort. Guests staying at our hotel also can enjoy the following Bonus Benefits:

Discounts on merchandise* at select Universal Orlando theme park locations
Discounts on food and nonalcoholic beverages at select Universal Orlando theme park locations and Universal City Walk

Free scheduled transportation^ to Universal Orlando theme parks
And much more!

Visit the Universal Partner Hotel Vacation Planning Center** in the lobby for more details.
Vacation

Planning Center is staffed with experienced Universal Orlando Resort Vacation Planners ready to help with ticket orders, redemptions and whatever else you may need to make your vacation extraordinary.

Dining

- In Room Dining is available.
- Market Place- Breakfast, lunch & Dinner served 7am- 11pm

- Poolside Bar & Grill- Drinks & food 11am -11pm
- Tower Barista- featuring Starbucks coffee, wraps & pizza 7am- 12pm & 4pm- 11pm
- The Palms Bar & Games- Big screen TV's

Near By Restaurants

- Black Angus- (walking distance) – 6231 International Dr.
- Ocean Prime- 7339 W. Sand Lake
- IHOP- (walking distance)- 7661 International Dr.
- World Café – 6582 International Dr.

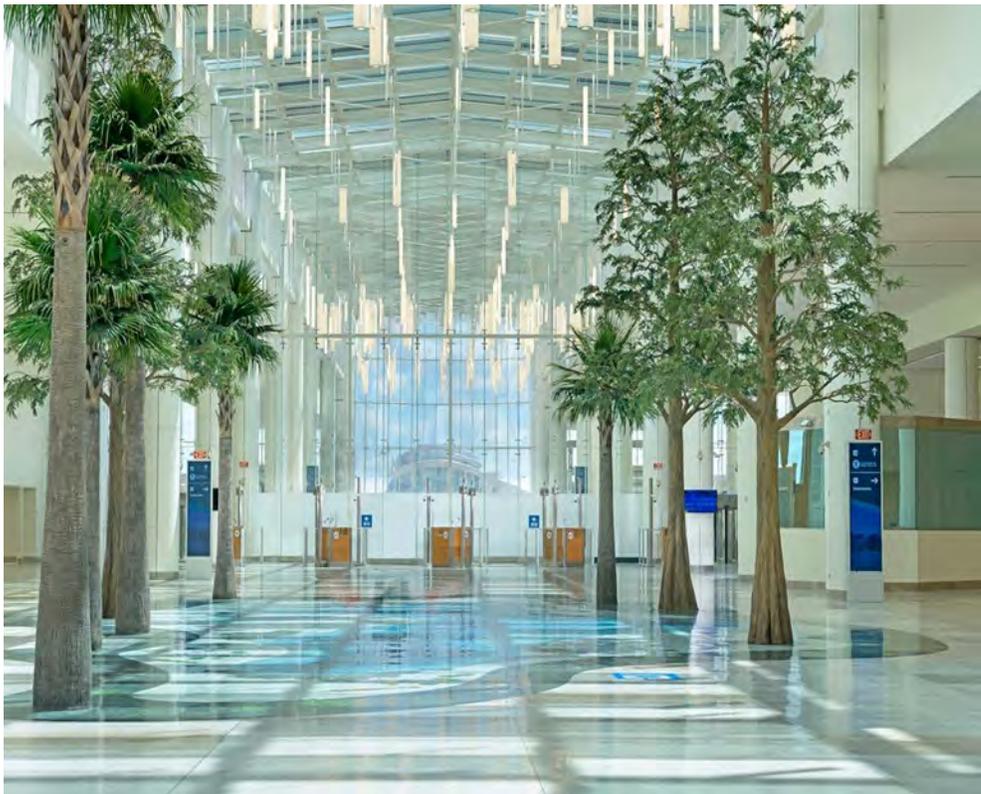
Gym

- **Kissimmee Muscle Gym**- To sign up for the classes go to their website <https://kissimmeemuscle.com/traveler>.

Orlando International

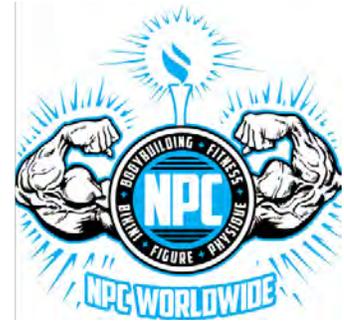
Orlando Airport is 18 miles from Avanti Palms

Uber is approximately \$35



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