

# Pamper Me Fabulous®

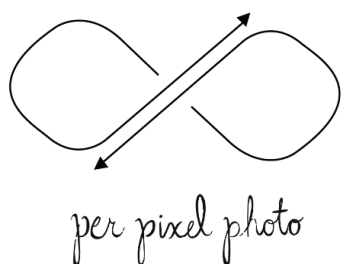
Rewarding and Empowering Women. Mind. Body. Spirit.

ORANGE COUNTY  
 Sunday, October 20, 2013  
 Hyatt Regency Huntington Beach Resort & Spa  
 21500 E. Pacific Coast Highway, Huntington Beach, CA 92648

Presented by:



Supporting Sponsors:



## THE ACTIVITY AREA

11:30am-12:00pm

**Booty Blast with Adam Ernster presented by Lifescript.com**

Come join celebrity fitness trainer Adam Ernster as he blasts your booty! Enjoy a fun and high-energy workout that will be sure to have your heart pumping and your booty working!



12:00pm-12:30pm

**Look and Stay Young with Dr. Linda Swanson presented by NewBeauty Magazine**

Come join renowned plastic surgeon Dr. Swanson as she gives you tips and information on how to look and stay young! During this session, you can also receive a personal one-on-one consultation too, you don't want to miss it!



12:30pm-1:00pm

**Zumba presented by VIP Dance Studios**

Come join this Latin dance fitness party that will have you feeling like you just walked out of the best club playing for your favorite tunes – sexy and satisfying, no matter what your fitness goals are, whether it's to lose weight, tone or just change up your workout.



1:00pm-1:30pm

**Zumba presented by VIP Dance Studios**

Come join this Latin dance fitness party that will have you feeling like you just walked out of the best club playing for your favorite tunes – sexy and satisfying, no matter what your fitness goals are, whether it's to lose weight, tone or just change up your workout.



1:30pm-2:00pm

**Amazing Abs with Adam Ernster presented by Lifescript.com**

Come join celebrity fitness trainer Adam Ernster as he helps you sculpt your way to amazing abs! Enjoy a fun and high-energy workout that will be sure to have your heart pumping and your abs working!



2:00pm-2:30pm

**Zumba presented by VIP Dance Studios**

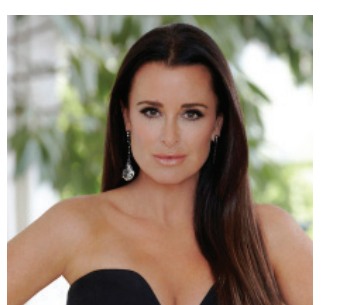
Come join this Latin dance fitness party that will have you feeling like you just walked out of the best club playing for your favorite tunes – sexy and satisfying, no matter what your fitness goals are, whether it's to lose weight, tone or just change up your workout.



2:30pm-3:00pm

**Sit Down with Kyle Richards presented by Nourage**

Come join this Q&A with actress, television personality, and Real Housewife of Beverly Hills Kyle Richards, as she answers your questions and talks about being fabulous and how you can too!



Kyle Richards

3:00pm-3:30pm

**Thigh Slimmer with Adam Ernster presented by Lifescript.com**

Come join celebrity fitness trainer Adam Ernster as he leads this class in getting your thighs slimmer in no time! Adam currently works as a trainer at his exclusive gym in Beverly Hills training high-profile clients such as Jamie Lee Curtis, Debra Messing, Nicole Scherzinger, Mary J. Blige, and Denise Richards, just to name a few!



3:30pm-4:00pm

**Booty Blast with Adam Ernster presented by Lifescript.com**

Come join celebrity fitness trainer Adam Ernster as he blasts your booty! Enjoy a fun and high-energy workout that will be sure to have your heart pumping and your booty working!



4:00pm

**Pamper Me Fabulous Raffle**

Come win fabulous prizes from our sponsors and exhibitors! Must be present to win.



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