



Jen, Lisa and Dave are currently in Bradenton, FL at the IMG Academy. They are taking part in the prestigious Under Armour 360 Combine Training. **We videos to share with you!**

Click the images below or [visit our Facebook page's YouTube tab](#) where we have more cool videos posted.



Just FIT Bootcamp News:

We have added a Wednesday Night Class at 5:00 PM which will be taught by Dave Miramontes. It will be co-ed. You can sign up now!

It's not too late to sign up for JustFIT or MissFIT Bootcamp! Bootcamps start next week! Now's your chance to sign up and get fit, build camaraderie with a GREAT group of people and have fun!

The Thursday MissFIT (women-only) class will return to it's 8:45 am start. Perfect timing - drop the kids at school and then come to bootcamp!

All classes meet in the parking lot adjacent to the Arroyo Park swimming pool (directions on the JustFit website at http://www.changeofpace.com/missfit_faq.html)

Looking Ahead....For the next Session (Winter '11) we'll be adding at Tuesday 8:45 am session!

www.justfitdavis.com

Registration Info:

Registration is available on-line at <http://www.eventbrite.com/event/880199701> or feel free to bring payment with you to class. One day a week is \$120 a session. Two days per week is \$180 a session. One-day drop-ins are \$25 each. Checks can be made out to Lisa Herrington or Jennifer Miramontes.



Facebookers...Stay in touch with us and get fitness tips, bootcamp updates and more by Liking our Facebook page! Help us reach our goal of 15 new fans this month. [Click here to link.](#)

Questions? Feel free to contact Lisa Herrington at lherrington@gmail.com or Jennifer Miramontes at Jennifer.miramontes@comcast.net with any questions. If you do plan to attend but don't register on-line, drop us a quick note letting us know you're coming.

We hope to see you bright and early and we promise to make getting up early well worth it! Earn your shower! =)

visit our website for more info at: <http://www.justfitdavis.com>

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