

Jeannine Henderson

To: jennifer.miramontes@comcast.net
Subject: MissFIT Bootcamp Registration Reminder

Hello!

Your MissFIT 6-week session starts tomorrow at 6:30 am at Arroyo Park West (adjacent to Patwin School) in West Davis. Please arrive five minutes early and bring the following with you:

- water
- yoga mat or beach towel
- signed liability waiver (download a copy of this at: http://www.changeofpace.com/documents/2009_events/missfitwaiver2009.pdf)

Ample parking is available at the Arroyo Pool/Park lot.

If you're ever unable to make a session, please try and let us know in advance so that we aren't waiting for you to start the session. You can either email (jennifer.miramontes@comcast.net), or phone/text Jen (530.219.8459) or Lisa (530.908.8052).

We look forward to seeing you tomorrow!

Jen & Lisa

~~~~~ General MissFIT Information ~~~~~

**Event:** MissFIT Bootcamp

**Date:** Tuesday, June 16, 2009 at 6:30 AM - Tuesday, July 21, 2009 at 7:30 AM (PT)

**Location:**

**Arroyo Park West**  
2000 Shasta Drive  
Davis, CA 95616

For more information click here: [MissFIT Bootcamp](#)

