

Effective Saturday, August 15, 2009 all Beach Boot Camp classes will be at the Marriott Harbor Beach Hotel ONLY. Fort Lauderdale, Florida

That means the following classes:

Mondays, 7 PM

Wednesdays, 7 PM

Thursdays, 7 PM

Saturdays, 8 AM

For further info on the classes go to <http://beachbootcamp.net/boot-camp-registration.php>

[www.beachbootcamp.net](http://www.beachbootcamp.net)

The Health Colonel Corporation

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