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BABY BOOT CAMP® & KARNA FITNESS® RANKED IN FRANCHISE 500® LIST FOR SECOND YEAR IN A ROW

National fitness and nutrition programs ranked #442 in *Entrepreneur* magazine's 35th annual list of top franchisors

SARASOTA, FL Dec. 19, 2013 – Baby Boot Camp, the innovative stroller fitness and nutrition program for new moms, and Karna Fitness, the small group training program for women, have been named to *Entrepreneur* magazine's Franchise 500 list.

The fitness franchise ranked #442 on the list of companies selected by *Entrepreneur*, based on financial strength and stability.

Delivered by nationally certified fitness professionals, Baby Boot Camp stroller fitness classes combine strength training exercises with cardiovascular drills. Karna Fitness provides women with safe and effective small group training. Both programs also offer Nutrition Solutions, a 4-week course focused on improving food choices for a lifetime of healthy eating.

"Baby Boot Camp and Karna Fitness are thrilled to be recognized again as one of the leading franchises in the country," says Kristen Horler, CEO and founder of Baby Boot Camp and Karna Fitness. "We attribute our growth to our ongoing investment in the personal and professional development of our franchise owners, and our low-cost franchise model."

Entrepreneur's Franchise 500 rankings evaluate objective, quantifiable measures of a franchise system, including growth rate and the size of the system, with an analysis of financial data by an independent CPA.

About Baby Boot Camp® and Karna Fitness®
Baby Boot Camp was created in San Francisco in 2001 by Kristen Horler to balance the fitness needs of new moms with their desire to spend time with their children. Baby Boot Camp follows the guidelines set by the American College of Obstetrics and Gynecology and the American Council on Exercise. Horler released a second franchise brand, Karna Fitness, in 2010, delivering private and small-group training for women. For more information on franchise opportunities, or to find a location near you, visit **babybootcamp.com** and **karnafitness.com**.

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