babybootcamp.com karnafitness.com

Contact: Tiffany Connors, Director of Marketing
941.953.5000/marketing@babybootcamp.com
FOR IMMEDIATE RELEASE

BABY BOOT CAMP® & KARNA FITNESS® LEAP FORWARD ON FRANCHISE 500® LIST

National stroller fitness and women's fitness programs rise to #427 in Entrepreneur magazine's 36th annual list of top franchisors

SARASOTA, FL Jan. 12, 2015 – Baby Boot Camp, the innovative stroller fitness and nutrition program, and Karna Fitness, the small-group training program exclusively for women, are pleased to announce that they have been named to Entrepreneur magazine's Franchise 500 list for the third year in a row, rising 15 positions in one year.

The fitness franchise ranked #427 on the list of companies listed by Entrepreneur, up from #442 in 2014.

Delivered by nationally certified fitness professionals, Baby Boot Camp stroller-fitness classes combine strength-training exercises with cardiovascular drills in 60-minute sessions. Karna Fitness is the small-group training program exclusively for women that provides effective, safe workouts in a supportive environment. Both programs also offer Nutrition Solutions, a 4-week course to improve food choices for a lifetime of healthy eating.

"Baby Boot Camp and Karna Fitness are honored to be named to Entrepreneur's prestigious Franchise 500 for our third year in a row," says Kristen Horler, CEO and founder of Baby Boot Camp & Karna Fitness. "Our franchise owners' and our team's enthusiasm and commitment to women's fitness is the key to our growth and success."

Entrepreneur's Franchise 500 ranking is based on criteria such as financial strength and stability, growth rate and the size of the system, with an analysis of financial data by an independent CPA.

Baby Boot Camp and Karna Fitness franchises are available across the country. For more information, check out babybootcamp.com and karnafitness.com.

###

About Baby Boot Camp
Baby Boot Camp is an innovative stroller fitness program created in 2001 by Kristen Horler to balance the fitness needs of new moms with their desire to spend time with their children. Delivered by nationally certified fitness professionals, Baby Boot Camp stroller-fitness classes combine strength-training exercises with cardiovascular drills in 60-minute sessions. Programs include STROLLFIT, STROLLGA, 5K Training Program and Nutrition Solutions.

About Karna Fitness
Available at locations throughout the United States, Karna Fitness offers fitness and nutrition programs exclusively for women of all ages and stages. Programs include Karna Camp, Restore the Core, Half Marathon Training Program and Nutrition Solutions.