

L19 000 222 592

(Requestor's Name)

(Address)

(Address)

(City/State/Zip/Phone #)

☐ PICK-UP

☐ WAIT

☐ MAIL

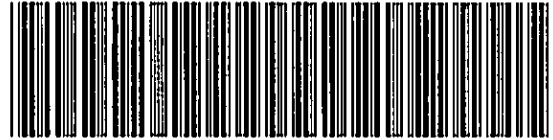
(Business Entity Name)

(Document Number)

Certified Copies _____ Certificates of Status _____

Special Instructions to Filing Officer:

Office Use Only



600341187076

03/09/20--01026--005 **30.00

FILED
CLERK OF STATE
CORPORATIONS
20 MAR -9 PM 12:15

*Amended & Restated /
name change*

MAR 24 2020

D CUSHING

DAVID A. KING
ATTORNEY AT LAW
1416 KINGSLEY AVENUE
ORANGE PARK, FLORIDA 32073
(904) 269-6699

March 5, 2020

Department of State
Division of Corporations
P.O. Box 6327
Tallahassee, FL 32314

FILED
STATE OF FLORIDA
DIVISION OF CORPORATIONS
20 MAR -9 PM 12:15

RE: Kinetic Fitness Florida, LLC

Dear Sir or Madam:

Enclosed are two (2) originals of the Amended and Restated Articles of Organization for the above-named entity. Please file one of the originals with the Secretary of State and return the other original to us as a **time stamped** copy with a Certificate of Good Standing.

Enclosed is a check in the amount of \$30.00 to cover the filing fees of \$25.00 and the Certificate of Good Standing for \$5.00.

I have enclosed a self-addressed, prepaid return envelope for your convenience.

As always, it is a pleasure working with you.

Sincerely,



David A. King

DAK/skd
Enclosures

ARTORGLETT

AMARTORGcdt
KIMAMARTSskd

**AMENDED AND RESTATED
ARTICLES OF ORGANIZATION
OF**

**FLOW-MO FITNESS LLC
A FLORIDA LIMITED LIABILITY COMPANY**

NKA

**KINETIC FITNESS FLORIDA, LLC
A FLORIDA LIMITED LIABILITY COMPANY**

FILED
CLERK OF CIRCUIT COURT
20 MAR -9 PM 12:15

Pursuant to the provisions of Section 605.0202, Florida Statutes, as amended, the undersigned limited liability company, Flow-Mo Fitness LLC, adopts the following Amended and Restated Articles of Organization. This Company's Articles of Organization were filed on September 3, 2019; Document Number L19000222592.

ARTICLE I - NAME

The name of this limited liability company shall be as follows:

Kinetic Fitness Florida, LLC

(hereinafter referred to as the "Company")

ARTICLE II -PRINCIPAL OFFICE

The principal place of business of the Company is as follows:

2399 Birdwood Drive
Orange Park, Florida 32073

The mailing address of the Company is as follows:

2399 Birdwood Drive
Orange Park, Florida 32073

ARTICLE III - DURATION

This Company commenced its corporate existence on September 3, 2019. This Company shall exist perpetually.

ARTICLE IV - PURPOSE

This limited liability company is organized for the following purposes:

- (a) To provide kinetic fitness services; and
- (b) The transaction of any and all other lawful business for which limited liability companies may be organized, including but not limited to those powers enumerated in Section 605.0109, Florida Statutes, as amended, and the doing of all lawful things related thereto.

ARTICLE V - MANAGEMENT

This Company is a **Manager-managed** Company and is managed by one (1) Manager. The number of Managers may be increased or decreased by the Members from time to time, but shall never be less than one (1). Any and all powers and duties conferred or imposed upon the Manager(s), in addition to those contained in

Chapter 605, Florida Statutes, as amended, shall be pursuant to the provisions of the Operating Agreement of the Company or pursuant to a duly adopted resolution of the Members. The name and address of the Manager is as follows:

Manager: Sara E. Dandridge
2399 Birdwood Drive
Orange Park, Florida 32073

ARTICLE VI -REGISTERED AGENT AND OFFICE

The name of the registered agent and the street address of the registered agent of this Company is as follows:

Sara E. Dandridge
2399 Birdwood Drive
Orange Park, Florida 32073

ARTICLE VII - RESTRAINT ON TRANSFER

The Members may, by agreement, impose any reasonable restraint on the sale, conveyance, gifting, transfer, encumbrance or alienation of Membership Interests.

ARTICLE VIII - AMENDMENT

The Members reserve the right to alter, amend or repeal any provisions contained in these Articles of Organization, or to adopt new provisions, and the method for same shall be contained in the Operating Agreement of the Company. These Amended and


Restated Articles of Organization shall not be amended or repealed without a meeting.

These Amended and Restated Articles of Organization were adopted and approved by a unanimous vote of the Members of the Company on February 28, 2020. These Amended and Restated Articles of Organization were adopted and approved by a unanimous vote of the Managers of the Company on February 28, 2020. These votes were a sufficient number to approve these Amended and Restated Articles of Organization. No other or further votes or approvals of the Members or Managers were necessary.

IN WITNESS WHEREOF, the undersigned authorized Managers have executed these Amended and Restated Articles of Organization on behalf of the Company and in their capacity as Managers on this 28th day of February, 2020.

Flow-Mo Fitness LLC,
a Florida limited liability company

NKA Kinetic Fitness Florida, LLC,
a Florida limited liability company

BY: 
Sara E. Dandridge, Manager

**CERTIFICATE OF ACCEPTANCE OF REGISTERED AGENT
FOR LIMITED LIABILITY COMPANY**

Pursuant to Section 605.0113, Florida Statutes, the
following is submitted:


Kinetic Fitness Florida, LLC

with its principal office as indicated in the attached Amended
and Restated Articles of Organization in the State of Florida,
has named as its Agent to accept service of process within this
State:

Sara E. Dandridge
2399 Birdwood Drive
Orange Park, Florida 32073

ACKNOWLEDGEMENT:

Having been named as Registered Agent to accept service of
process for the above stated limited liability company, at the
place designated in this Certificate, I hereby acknowledge that
I am familiar with said laws of the State of Florida, and I
hereby agree to act in this capacity, and I agree to comply with
the provisions of said laws.


Sara E. Dandridge