

PO1000028276

NFM LADIES FITNESS, INC  
CHANGES FOR WOMEN  
5000 BAYSHORE RD SUITE 40  
N. FT. MYERS, FL 33917

(Address)

(City/State/Zip/Phone #)

☐

PICK-UP

☐

WAIT

☐

MAIL

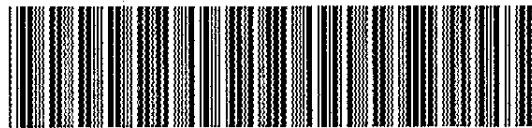
(Business Entity Name)

(Document Number)

Certified Copies \_\_\_\_\_ Certificates of Status \_\_\_\_\_

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Office Use Only



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08/13/04--01021--018 \*\*70.00

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04 AUG 13 AM 9:27

SECRETARY OF STATE  
TALLAHASSEE, FLORIDA

T BROWN AUG 18 2004

**OFFICER / DIRECTOR RESIGNATION  
FOR A CORPORATION**

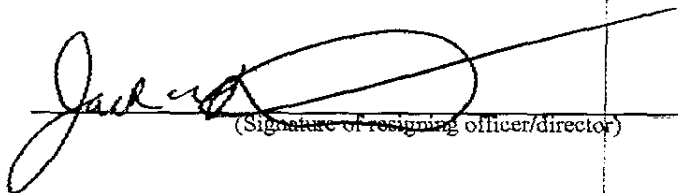
**FILED**  
04 AUG 13 AM 9:27  
SECRETARY OF STATE  
TALLAHASSEE, FLORIDA

I, Jack Frost, hereby resign as Vice Pres, Owner, Director  
(Title)

of NFM Ladies Fitness, Inc.  
(Name of Corporation)

P01000028276, a corporation organized under the laws of the State of  
(Document Number, if known)

Florida

  
(Signature of resigning officer/director)

**FILING FEE IS \$35.00**

**Make checks payable to Florida Department of State and mail to:**

Amendment Section  
Division of Corporations  
P.O. Box 6327  
Tallahassee, Florida 32314

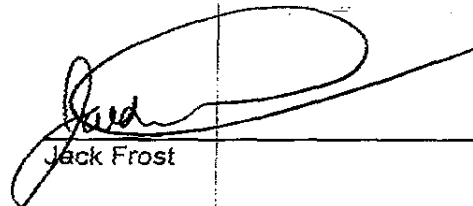
August 6, 2004

I, Jack Frost, hereby resign as officer and director of NFM Ladies Fitness, Inc. effective this date. I have signed the officer/director resignation form which will be filed with the Division of Corporations for the State of Florida.

I also, effective this date, tender all rights to stock ownership of NFM Ladies Fitness, Inc. to Denise Frost. I understand that certificate #1 for 50 Shares of NFM Ladies Fitness, Inc. was originally issued to Denise Frost and Jack Frost as tenants by the entirety on 3/16/01. I hereby irrevocably constitute and appoint Denise Frost, Registered Agent of NFM Ladies Fitness, Inc. to transfer the said shares on the books of NFM Ladies Fitness, Inc. from Denise Frost and Jack Frost as tenants by the entirety to Denise Frost. I further authorize Denise Frost to file the appropriate documents with the Division of Corporations to facilitate this transfer, if necessary.

Signed  
In the presence of :

  
\_\_\_\_\_

  
\_\_\_\_\_

Jack Frost