

The Dallas Morning News

April 16, 2010

Bulletin Board: Folks, we've gotten word that Village Health Partners in west Plano is hosting what they are calling a "fitness boot camp" next Saturday (April 24).

The free event, which starts at 8:30 a.m., is for "those who want to get a jumpstart on living a healthy lifestyle, work on their swimsuit body or just kick off the weekend with some heart-pumping action," according to a promotional email. (How about those who already have swimsuit bodies? Har.)

Click on the link above to RSVP for the event. Thanks to Brittany Adams for the heads up.