



BA20242022641



**STATE OF CALIFORNIA**  
*Office of the Secretary of State*  
**STATEMENT OF INFORMATION**  
**LIMITED LIABILITY COMPANY**

California Secretary of State  
 1500 11th Street  
 Sacramento, California 95814  
 (916) 657-5448

For Office Use Only

**-FILED-**

File No.: BA20242022641

Date Filed: 11/16/2024

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Entity Details					
Limited Liability Company Name	Flex & Flow Fitness LLC				
Entity No.	202464519007				
Formed In	CALIFORNIA				
Street Address of Principal Office of LLC					
Principal Address	1131 LINCOLN AVE PALO ALTO, CA 94301				
Mailing Address of LLC					
Mailing Address	1131 LINCOLN AVE PALO ALTO, CA 94301				
Attention	Catherine S Bannon				
Street Address of California Office of LLC					
Street Address of California Office	1131 LINCOLN AVE PALO ALTO, CA 94301-3129				
Manager(s) or Member(s)					
<table border="1"> <thead> <tr> <th>Manager or Member Name</th> <th>Manager or Member Address</th> </tr> </thead> <tbody> <tr> <td>+ Catherine Bannon</td> <td>1131 LINCOLN AVE PALO ALTO, CA 94301-3129</td> </tr> </tbody> </table>		Manager or Member Name	Manager or Member Address	+ Catherine Bannon	1131 LINCOLN AVE PALO ALTO, CA 94301-3129
Manager or Member Name	Manager or Member Address				
+ Catherine Bannon	1131 LINCOLN AVE PALO ALTO, CA 94301-3129				
Agent for Service of Process					
Agent Name	Catherine S Bannon				
Agent Address	1131 LINCOLN AVE PALO ALTO, CA 94301				
Type of Business					
Type of Business	Personal Fitness Training				
Email Notifications					
Opt-in Email Notifications	Yes, I opt-in to receive entity notifications via email.				
Chief Executive Officer (CEO)					
<table border="1"> <thead> <tr> <th>CEO Name</th> <th>CEO Address</th> </tr> </thead> <tbody> <tr> <td>+ Catherine Bannon</td> <td>1131 LINCOLN AVE PALO ALTO, CA 94301-3129</td> </tr> </tbody> </table>		CEO Name	CEO Address	+ Catherine Bannon	1131 LINCOLN AVE PALO ALTO, CA 94301-3129
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Labor Judgment					
<p>No Manager or Member, as further defined by California Corporations Code section 17702.09(a)(8), has an outstanding final judgment issued by the Division of Labor Standards Enforcement or a court of law, for which no appeal is pending, for the violation of any wage order or provision of the Labor Code.</p>					

Electronic Signature

By signing, I affirm under penalty of perjury that the information herein is true and correct and that I am authorized by California law to sign.

*Catherine Bannon*

*11/16/2024*

Signature

Date