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## **The American Boot Camp Company Expands to Dunwoody**

*The American Boot Camp Company opens first Dunwoody location at Brook Run Park*

ATLANTA (August 5, 2008) ~ The American Boot Camp Company, Atlanta's leading results-based fitness company, is expanding with a new boot camp location in Dunwoody. The camp opens September 2 at Brook Run Park. Brook Run Park will propel the American Boot Camp Company to a total of three locations at parks in DeKalb County – making it a convenient fitness alternative for residents of Dunwoody, Roswell and Perimeter. Brook Run Park location in DeKalb County was selected because the park has great open fields, running paths and multiple elements that make outdoor fitness ideal for this location, says Mari Garner, founder and owner of The American Boot Camp Company (TABCC).

“Boot camp is by far, one of the hottest fitness trends in the country and a great way to meet health-related and fitness goals and have a good time while you’re doing it,” adds Garner, who as founder of The American Boot Camp Company is an ACE personal trainer and certified by AFAA as a group fitness instructor. “We know our clients are busy with work and family, and we take that into account when designing our programs. We’re excited for this newest move as a Dunwoody location brings convenience to a whole new set of clientele.” TABCC is fully permitted and authorized to offer outdoor fitness boot camps at multiple park locations around metro-Atlanta including: Blackburn Park, Chastain Park, Brook Run Park, Mason Mill Park, Pinckneyville Park in Gwinnett County and Fuller’s Park in Cobb County.

According Mari Garner, founder and President of The American Boot Camp, the company’s 30-day results-based outdoor fitness boot camp program offers cross-training workouts like no other traditional fitness program. Coupled with a nutritional regimen, this program is designed to help clients of all fitness levels get into shape. Unlike many other boot camp-like programs that only offer one trainer, TABCC has a team of dedicated and certified group fitness instructors who consistently push clients outside their comfort zone while maintaining a positive, friendly environment. This intensive training program has helped thousands of ordinary participants reach above and beyond their fitness goals.

As a nationally recognized expert and motivational speaker in the fitness industry, Garner works proactively in terms of safety and certification to stay ahead of the curve. Safety and providing an outstanding experience for her participants is of utmost importance to the program and each of the TABCC instructors are insured, trained in safety precautions, CPR, injury response, and are outdoor fitness experts. Each outdoor boot camp program is authorized through the Parks &

Recreation Department of each county and receives all appropriate permitting to use the parks for monthly programming.

**About TABCC Founder Mari Garner**

Mari Garner, owner and lead instructor is an ACE certified personal trainer, an AFAA approved group fitness instructor, outdoor fitness expert, fitness consultant and small business owner who shares her life passion for health and fitness with both clients and fitness professionals across the country. Mari currently offers a national Outdoor Fitness Boot Camp Instructor Training course approved by ACE & AFAA, two major accredited education providers in the country. Mari holds 2 Bachelor Degrees and an MBA in Finance. She resides in the Metro Atlanta area ([mari@thebootcampcompany.com](mailto:mari@thebootcampcompany.com)).

**About The American Boot Camp Company**

Changing the Shape of Your Life. The American Boot Camp Company operates seven outdoor locations in the Metro Atlanta area and an indoor facility in Brookhaven at 2669 Osborne Road , Atlanta , 30319. The American Boot Camp Company, Inc. is a national leading outdoor fitness boot camp provider. The American Boot Camp Company offers Outdoor Fitness Instructor Certification and turn key boot camp program opportunities to qualified fitness professionals. For more information, visit: [www.thebootcampcompany.com](http://www.thebootcampcompany.com).

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