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CONTACT: Lynne Andrews
Marketing Expectations, Inc.
(770) 886-5606 – office
(404) 784-5606 – cell
Lynne@marketingexpectations.com

The American Boot Camp Company becomes the Official Boot Camp in Atlantic Station

Atlanta's leading Results-Based Outdoor Fitness Boot Camp Debuts Free Workouts in Central Park

Atlanta, GA (April 21, 2008) --- With six locations across metro Atlanta, The American Boot Camp Company (www.thebootcampcompany.com) will begin offering free outdoor workouts on Saturday mornings in Central Park of Atlantic Station. The American Boot Camp Company is one of Atlanta's leading results-based fitness programs, offering two or four-week outdoor training programs, group fitness classes and dynamic interval training, nutrition counseling and a wide range of indoor classes.

Changing the way many Americans get in shape, each of The American Boot Camp Company's workout programs are co-ed and tailored for a diverse range of fitness abilities. The four-week [Outdoor Fitness Boot Camp Program](#) varies intensity levels incorporating dynamic warm-up activities (basic movements that involve multiple muscle groups and mimic the activities to be performed during the workout) with sports conditioning drills, interval training, agility and core work to engage the interest of its participants. Each "no frills" workout compliments the next and scheduled in a manner to ensure workout variety month after month – providing a long-term solution for the busy lifestyles of men and women who sign up for the program.

Founder and CEO of The American Boot Camp Company, Mari Garner, strongly believes in the Atlantic Station tenant of live, work and play.

"Our program is well-suited for the outdoor, health-conscious residents of midtown and Atlantic Station," Garner said. "The American Boot Camp is a regimented program, yet flexible enough to cater to the needs of everyday people. We are able to meet the needs of individual fitness levels while inspiring them to achieve higher fitness standards through our group sessions," Garner continued. "Moreover, we provide early morning and evening classes, which fit the scheduling needs of everyone, from busy male and female working professionals, to stay-at-home mothers, college students and new moms looking for a unique way to get in shape post-baby."

About The American Boot Camp Company

The American Boot Camp Company® is a results-based fitness program that emphasizes nutrition and interval training for men and women. Founder and CEO Mari Garner has developed a four-week outdoor training session in addition to a variety of indoor classes suitable for all levels of fitness. Headquartered in Atlanta, The American Boot Camp Company has six locations throughout the metro area. For more information, please call (404) 949-9595 or visit www.thebootcampcompany.com.

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