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The American Boot Camp Company Makes Cross-Country Trek from Atlanta to Portland

*Country's Original Results-Based Outdoor Fitness Boot Camp
Debuts This Month in Suburban Portland*

Atlanta, GA (April 29, 2008) --- With seven locations across metro Atlanta, The American Boot Camp Company® (www.thebootcampcompany.com) will soon stake its first territory outside of Georgia when the company debuts in Oswega, Oregon at Westlake Park early next month. The American Boot Camp Company is one of the country's original results-based fitness programs, and by June, owner Shannon Corey will be offering four-week outdoor training programs, 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 coed 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 is 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 that Portland is an ideal west coast market for her unique brand.

"Our program is well-suited for the outdoor, health-conscious residents of Portland," 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 integral 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 seven locations throughout the metro area. For more information, please call (404) 949-9595 or visit www.thebootcampcompany.com.

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