



FOR IMMEDIATE RELEASE

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Get Summer Savvy with Miss Fit Boot Camp Recharge your fitness battery with a six week outdoor exercise program

Davis, CA – Attention all you Misses who want to get FIT...MissFIT Boot Camp has arrived! What better way to welcome bathing suit season than to enroll now in a six-week outdoor exercise program!? MissFIT is designed to encourage and support you while you experience the personal enjoyment of using muscles you forgot existed. Whether you're a beginner, an avid fitness enthusiast or looking for a change in your routine, this whole new approach to exercise may be the perfect fit. Designed with FUN as the top priority, MissFIT is packed with energizing exercises to help get you through a fitness slump or add new challenges to your current exercise routines. At MissFIT, you won't find military clothes, whistles or screaming trainers. Instead you'll discover fun and unique exercises that don't require a gym. MissFIT will help develop strength, increase flexibility, improve conditioning and encourage fat-loss. You don't need barbells, stair steppers or treadmills. All you need are exercise clothes, a water bottle and a can-do attitude. MissFIT offers a non-competitive environment, camaraderie and the tools to bring out the best in each and every participant.

Beginning Tuesday, May 5th, MissFIT Boot Camp meets every Tuesday from 6:30 a.m. – 7:30 a.m. at Arroyo Park in West Davis. The six-week session is \$120 per person which includes before and after assessments, weekly fitness tips, two instructors and a Miss Fit t-shirt. Classes are led by Jennifer Miramontes and Lisa Yackzan Herrington. Both Jennifer and Lisa are IDEA/ACE-certified trainers and have years of experience in the fitness world working with all ages and ability levels. For bios on Jennifer and Lisa and more information on Miss Fit, visit www.changeofpace.com.

SPECIFICS:

Event Name: MissFIT Boot Camp

Location: Arroyo Park, 2000 Shasta Drive, West Davis

Start Date: Tuesday, May 5th, 2009

Frequency: Every Tuesday for six-weeks

Participation: All ages and ability levels welcome

Instructors: Jennifer Miramontes, IDEA Certified; Lisa Yackzan Herrington, ACE Certified

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