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The American Boot Camp Company Brings Urban Boot Camp to Atlantic Station

Atlanta, GA (May 26, 2009). The American Boot Camp Company is adding to their metro Atlanta locations with the debut of their Urban Boot Camp at centrally located Atlantic Station in midtown Atlanta.

The American Boot Camp Company will host a free workout on Saturday, May 30, 2009 to introduce the newest style of boot camp workout. The free workout will begin at Stairway 16, Street Level, at 7:30am. The first four-week session will begin on June 1st.

TABCC currently has 9 locations nationwide that make use of city and county owned parks and green space. The partnership with Atlantic Station will be the first foray into experimenting with smaller areas of green space, and using all available benches, curbs, hills, and stairs to provide obstacles and challenges to campers.

The owner of TABCC Intown Territory and Lead Instructor at Mason Mill Park, Sonja Greeley, is excited about showing Atlanta residents that "it is going to be fun to live, work, and play at Atlantic Station. The view of Atlanta's skyline at 6am is inspiring, and it's hard to have a bad day when the first 45 minutes of your day are spent challenging yourself with jumping jacks, squat jacks, and pushups on the safe streets of Atlantic Station."

TABCC has been changing the way American's get in shape since 2005. Each of their workout programs are co-ed and tailored for a diverse range of fitness abilities. Their accountability based program holds clients accountable for nutrition as well as attendance. The four-week outdoor fitness boot camp program varies intensity levels, incorporating dynamic warm-up activities with sports conditioning drills, interval training, agility work and core work. All workouts are designed to give an overall body workout in 45 minutes so that professionals and parents can schedule fitness into their busy lives.

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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