



FOR IMMEDIATE RELEASE
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**NO TIME TO WAIST FITNESS LAUNCHES SESSION III of
“FIT IN 5”**

Last chance to sign up for fun summertime fitness.

PENSACOLA, FL – No Time to Waist Fitness, Inc., a local fitness company, announces Session III of its five-week fitness boot camp, “Fit in 5.” Fit in 5 will take place at Center Stage Ballroom, at 5000 N. Davis Highway (near the intersection of Brent Lane). Session III will also be offering a NEW location on Casino beach. The camp session will take place August 11-September 14. This session will offer an hour-long boot camp four mornings a week. The five-week session costs \$199.00 if participants enroll prior to the first day of class. The cost then goes up to \$249.00. All fitness levels will be accommodated, as each exercise technique can be modified to individual levels of fitness.

Instructing the classes are No Time to Waist owner, Amanda LeBreton, an Exercise Physiologist and certified Pilates Instructor, and Jordan Glenn, who is certified in personal training by the Aerobics and Fitness Association of America. LeBreton holds a Bachelors degree in biology and a Masters degree in exercise physiology and brings with her an involved history of fitness and nutrition experience. Glenn also brings a wealth of personal fitness information to the sessions. He is a Senior in UWF’s Exercise Science Program.

During a typical day of Fit in 5, fitness enthusiasts can expect to participate in a variety of different exercise techniques, including core strengthening, aerobics training, and muscular strength and endurance training. Interval fitness assessments will be performed at the beginning and end of the 5-week session to determine each participant’s fitness improvement. With Fit in 5, anyone at any fitness level can participate; however, it is recommended that for those who have not been exercising regularly, a health evaluation be performed prior to enrolling in the camps.

Due to the intense workout regimen, clients have seen dramatic results after completing their Fit in 5! session. Jim McClellan, 42, lost 13 inches and was able to do fifty push-ups, which he hasn’t been able to do in years!

For more information about Fit in 5 or No Time to Waist Fitness, please visit the website at www.notimetowaistfitness.com to enroll online or call 850.602.1156.



103 s. alcaniz street • Pensacola, florida 32502 • 850.470.0400 office

WHAT: Fit in 5! Boot Camp
WHEN: Session III–August 11- September 14, 2008
(5:45-6:45 am OR 8:00-9:00 am)-Center Stage
(5:45-6:45 am OR 6:45-7:45 am)- Casino Beach
WHERE: Center Stage Ballroom, 5000 N. Davis Highway OR
Casino Beach
COST: \$199/pre-camp enrollment - \$249/after camp begins
INFO: 850.602.1156 or sign up online at www.notimetowaistfitness.com