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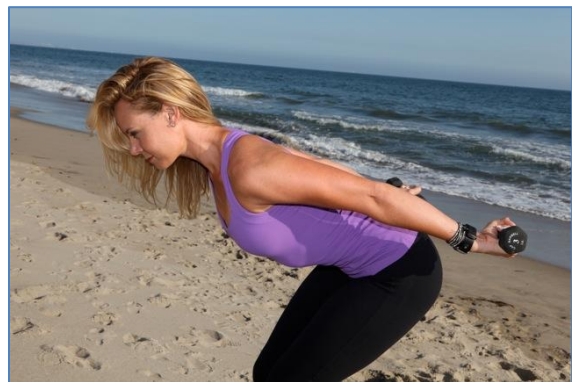


BY POPULAR DEMAND, BODY INSPIRED FITNESS FOUNDER AND FITNESS EXPERT,

ANGELA PARKER TO PERSONALLY TEACH NEW SEPTEMBER CLASSES: BODY INSPIRED CAMP!

*2 for 1 Special for First Time Students: Grab a Friend, Workout Together, Pay Half the Price & Experience
18 Workouts in Just 6 Weeks!!!*

SANTA MONICA, CA - (AUGUST 24, 2010) – New Look! New You! New Us Too! As summer is coming to an end, it’s officially time to re-boot your inner and outer self and look forward to a fun, inspiring workout to kick off the fall season. By popular demand and for the first time ever, Body Inspired Fitness Founder and Fitness Expert, Angela Parker will personally teach the newly introduced September boot camp series, Body Inspired Camp!



This one-hour class, which holds 20 students per class, starts on September 20th and will run for 6 weeks. Parker is mixing it up this time around with a 6 weeks on, 1 week off program that combines a fresh, unique flavor of cardio and strength training, obstacle course, core and agility work, timed series, stations and stairs, all taking place outdoors in the beautiful scenery of Santa Monica. This is the only boot camp that also features Pilates as a great addition during the classes. Select from newly offered times: 6-7am; 7:30-8:30am; 8:45-9:45 (Monday, Wednesday at the Santa Monica Bluffs) and (Fridays at Adderley for Pilates and stretching) OR ‘Ladies Only’ camps with Body Inspired Fitness Trainer, Holly Clapham from 6-7pm (Monday, Tuesday and Thursdays at Clover Park in Santa Monica). With the 2 for 1 workout special currently being offered to first time students, 6 weeks of inspirational and exciting classes will only cost \$187.00/person for morning sessions and \$137.00/person for evening sessions. Individual sign-ups will run \$375.00/person.

“I wanted to provide new and returning students with more opportunities to experience my personal attention with motivating workouts at a time that was convenient to their busy schedules,” says Body Inspired Fitness Founder, Angela Parker. “This truly is the best time of year for people to put themselves first and make workouts a priority leading up to the holiday season and New Year.”

And, if working out on the actual beaches of Santa Monica sounds like an inspiring way to kick-off your weekend, Parker is teaching a class on Saturdays for only \$10 from 8:30-10am. Students who sign-up for the Body Inspired Camp will also receive FREE access to these Saturday morning classes as an added bonus.

For further information on locations and to view all Body Inspired Fitness class schedules, please check out: www.bodyinspiredfitness.com.