

FOR IMMEDIATE RELEASE

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Complimentary Mind/Body Class Offered at Local Fitness Studio

Minneapolis, MN – Time Out Pilates and Fitness Studio will offer a complimentary Nia/BODYFLOW class to the Windom community on Oct. 29. Occasionally, Time Out Studio offers free classes to give the public a sample of what the Studio offers.

Nia is the low-impact aerobics class that combines martial arts, dance, and the healing arts and leaves you feeling reguvinated and alive, according to Time Out Studio. BODYFLOW incorporates yoga, tai chi, and Pilates to strengthen, stretch, and relax. For the complimentary class, Nia and BODYFLOW will be combined for two hours of movement. To register for the Nia/FLOW class, call Time Out Studio at 612-866-0832. Register for one part or for the whole class.

Nia and BODYFLOW are challenging classes for those who want to take their fitness to the next level. They are also fitting for people new to exercise. Nia is a dynamic approach to fitness that gets your body moving how it is supposed to move. BODYFLOW is one of eight Les Mills licensed fitness programs, located around the world. The mind/body class helps improve flexibility and strength, focus the mind, and bring lasting calm, according to Les Mills. “Our goal is to get people moving again,” owner Jeanne Schmit said. “We want exercise to be possible for everyone at any age, any fitness level.”

Time Out Pilates and Fitness Studio provides a unique combination of group fitness classes and a full service Pilates studio for adults and teens of varied fitness levels. Situated on Lyndale Avenue at 60th Street in Minneapolis' Windom neighborhood, *Time Out Studio* is conveniently located for residents of South Minneapolis, Richfield, and Edina. Owner Jeanne Schmit's 16 years of fitness experience is supplemented by a staff of 3 Pilates trainers and 8 group fitness instructors. *Time Out Studio* offers excellence in fitness instruction, provides an environment that makes it easy for beginners to start, and delivers comprehensive, challenging classes that inspire students to achieve more. For more information, visit their Web site at www.mytimeoutstudio.com, or call 612-866-0832.

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