

FOR IMMEDIATE RELEASE

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## **Local Business Recruits Volunteers for Fitness Study**

### **Summer Olympics to Inspire South Minneapolis Non-Exercisers to Get Moving**

**Minneapolis MN** – Windom-based Time Out Pilates and Fitness Studio recently invited local residents to take part in a 21-day program designed to study the best ways to integrate sedentary individuals into group fitness programs. To qualify, participants must be non-exercisers and able to commit to three classes per week for three consecutive weeks. The studio hopes to recruit 50 volunteers before the program ends in late November.

Time Out Studio Owner Jeanne Schmit kicked off the program in August against the backdrop of the 2008 Summer Olympics and the story of 41 year-old American swimmer Dara Torres. “Dara has shown the world that it’s never too late,” according to Schmit, “which is what many people think when they consider starting an exercise program.”

Another goal of the study is to reach out to the local community to help battle the fastest growing public health problem in the country: inactivity that contributes to obesity, heart disease, diabetes, and other conditions.

“Our message is simple and direct,” according to Schmit: “Get off the couch and into the studio!” She adds, “At Time Out Studio, we try to make people feel welcome. No matter what your fitness level, you will feel comfortable because there are others just like you.”

To find out if you qualify, potential study participants should contact Time Out at 612-866-0832 or visit their Web site at [www.mytimeoutstudio.com](http://www.mytimeoutstudio.com).

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*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 60<sup>th</sup> 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](http://www.mytimeoutstudio.com), or call 612-866-0832.

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