

FOR IMMEDIATE RELEASE

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Minneapolis, MN – Local Fitness Studio participates in national initiative to raise funds for breast cancer research.

Time Out Studio is one of 450 studios nationwide to participate in the 3rd annual *Pilates for Pink* fundraiser for the Breast Cancer Research Foundation (BCRF). On Saturday October 25 Time Out Studio will cancel all regular classes and dedicate the morning to a variety of Pilates classes for all levels. \$10 donations go to the BCRF. Last year more than \$175,000 was collected for the Foundation through this national effort organized by SHAPE Magazine.

To register for Pilates for Pink, call Time Out Studio at 612-866-0832 or go to www.MyTimeOutStudio.com. Go to www.PilatesForPink.com to see all participating studios and photos from last year's event.

The American Cancer Society reports that approximately 10% of breast cancers cannot be contributed to hereditary factors. “We make a difference in preventing cancer on the local scale by providing the community with a place to exercise and stay healthy,” Time Out Studio Owner Jeanne Schmit said. “Pilates for Pink is a way for us to show our support on a bigger scale.”

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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