

FOR IMMEDIATE RELEASE

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Windom Businesses Partner to Support Neighborhood Project

Pilates Chair Classes to Help Raise Funds for “Once Upon a Time Windom”

Minneapolis MN – Two Windom neighborhood businesses have joined forces to support a project designed to document the diversity of the Windom community through photography and storytelling. Time Out Pilates & Fitness Studio and Luminous Concepts Photography announced their venture in early August.

To raise funds for the project titled “Once Upon a Time Windom: Story of a Community,” Time Out Studio owner Jeanne Schmit will donate proceeds from an introductory MVe Pilates Fitness Chair class to be offered at their studio on Lyndale Avenue, September 15-18. The cost is \$15 per class. Participants can choose from one of fifteen sessions conveniently scheduled throughout the four-day period. To register for the MVe Pilates Fitness Chair, call Time Out at 612-866-0832.

Dawn Vogel, project photographer for “Once Upon a Time Windom,” and a customer of Time Out Studio, moved to Windom in 2006 and was surprised by the diversity she discovered there. Vogel’s vision for the project is “to create a story about inspiration and hope in the day-to-day life of a dynamic Minneapolis neighborhood.” She added, “Time Out Studio is a part of that story, helping to build community both as a successful business and as a provider of outstanding fitness services that improve people’s lives.”

Schmit adds, “We are a community of local people tending to our health and fitness. Teaming up with Dawn helps to build this community and assures that Minneapolis continues to be a great, healthy place to live!”

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Intended for beginners with or without Pilates experience, the promotion also celebrates the introduction of the studio's new MVe (maximum versatility exercise) Pilates chair program. The MVe Fitness Chair is an evolved version of the original Pilates chair, one of the five main pieces of Pilates equipment. The chair is said to have originally been inspired by equipment used to train Chinese acrobats and circus performers, and it holds great potential for training the general population.

Earlier generations of Pilates equipment were used solely for individual training sessions. Recently Pilates equipment manufacturers have designed less-expensive, smaller, lighter-weight chairs that can be used in group settings. According to Schmit, "Chair workouts will most certainly become more popular as the interest in Pilates continues to grow and people look for more affordable ways of exercising using Pilates." She added, "MVe chair classes appeal to both men and women and are highly effective at increasing flexibility, strength, balance, and coordination."

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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