



PRESS RELEASE

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Fort4Fitness, Inc. is a non-profit, 501(c)(3) organization committed to promoting healthy living and fitness in Northeast Indiana

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Fort4Fitness Launches F4F365 Project ***First of a series of Training Classes Starting March 10***

(Fort Wayne, IN) - Fort4Fitness is introducing year-round programming to the community by launching the F4F365 initiative. The goal of this project is to provide quality programming and activities to help further Fort4Fitness' mission of promoting healthy living and fitness in Northeast Indiana.

The first F4F365 program to be unveiled in 2015 are Fort4Fitness' Get Fit in the Fort Training classes, beginning March 10. The first classes have sold out! These sessions are eight week, general fitness classes that are designed to challenge the participants to push beyond their comfort levels to reach their goals, and to help build healthy lifestyle habits.

These classes are held at the ASH Centre on Tuesdays and Thursdays at 6 p.m. and 7 p.m. and are built for Beginner, Intermediate, and Advanced levels. They build muscle strength and cardio endurance through resistance training combined with aerobic training. The classes starting on March 10 are the first in a series of training classes that will continue throughout the year.

For information about Get Fit in the Fort Training classes or future session dates, please visit www.Fort4Fitness.org or contact info@Fort4Fitness.org

Special Eight Week Training Includes

Two Training Sessions per week / Sixteen total sessions

Classes for Beginner, Intermediate and Advanced levels

Pre- and Post-Training Assessments

A Get Fit in the Fort Training Shirt

Training Logs and Health and Fitness Information

Indoor Workout Area

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4th Annual Spring Cycle
MAY 16, 2015

8th Annual Fall Festival
SEPTEMBER 25-26, 2015