



FITNESS SMARTS FOR BUSY TEENS

Krinsky Fitness Inspires Teens to Become “Fitter, Faster, Stronger”

Contact: Sarah Ohanesian
612-265-9401 ex. 25 | sarah@jkcp.com

FOR IMMEDIATE RELEASE

King of Prussia, Pa., February 23, 2010 — Imagine a summer experience where teens aspire to power up their workouts while discovering and learning in a playful way to achieve serious fitness benefits. Whether teens are just starting a fitness plan or thinking of overhauling their workouts, their fitness focus will improve at Krinsky Fitness. Start with the basics, exercise more efficiently and learn an overwhelming variety of ways to workout and cross train.

“Teens know everything about the world but little about themselves. Our program increases self-awareness through focused workouts, myth-busting nutritional workshops, and private consults with some of the best trainers and nutritionists in the country. We are really creating fitness savvy teens,” said Tina Krinsky, the program’s founder.

The flexible two to six week program fits every teen’s summer schedule. It will rewire teens’ patterns through more than 100 activities by getting their glutes burning, core strong and body balanced. From organic blueberries to the most scrumptious whole-wheat pancakes teens have ever tasted, it is hard to resist.

Summer sessions begin June 27, 2010, at Bryn Mawr College on Philadelphia’s Main Line.

About Julian Krinsky Camps & Programs

For over 30 years, Julian Krinsky Camps & Programs has been dedicated to providing stimulating and enriching experiences for teens through diverse, innovative programs in tennis, golf, pre-college academics, enrichment, business, fitness, internships, cooking, the arts and much more. Students from over 35 states and 30 countries attend our programs at the University of Pennsylvania, Bryn Mawr College, Haverford College and in Princeton.

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