



NEW YORK STATE SENATOR

Jack M. Martins

## **Senator Martins Announces Athletic, Health and Fitness Clinic on October 15**

Jack M. Martins

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Senator Jack M. Martins announced today that he will be hosting his 1st annual “Athletic, Health and Fitness Clinic” at Elmont’s Valencia Gym on Saturday, October 15. The clinic runs from 10am until 4pm and will service people of all ages for free. The program is another community outreach initiative by Senator Martins promoting quality of life issues and health lifestyle choices.

“The clinic is going to have countless classes aimed for high school students, college age, seniors and everyone in between,” said Senator Martins adding, “dietary choices, fitness, healthy lifestyles and workout sessions will be offered. There will also be special athletic boot camps, bodybuilding, fitness training for all ages and much more.”

Senator Martins is teaming with Elmont’s Valencia Gym located at 1319 Hempstead Turnpike in this community program. Valencia Gym is one of New York state’s longest serving independent gym as it has been in business for over thirty years. “When I approached Valencia Gym about having the fitness day, Lenny Vannatta, owner of Valencia, and his fitness team, were an enthusiastic yes. Valencia is well known for being a community minded business that has trained countless people over three decades,” said Martins.

The fitness day will feature highly specialized fitness experts, athletes, coaches, professional actors and choreographers volunteering their skills throughout the day.

Actor Mario D'Leon from television shows Ugly Betty, Law and Order CSI, One Life to Live and the recent movie blockbuster "The Smurfs" will be on hand.

MTV and feature film choreographer Lancelot Theobald, whose recent movie "At the Top of the Pyramid," television show "Skins," and dance specialist for singer "Rain" will lead classes and be on hand to offer fitness advice.

Two local Elmont athletes will also be on hand to offer their fitness expertise as well. Gael Salvant and Herve Duroseau will be offering classes and consultations to athletes and fitness goers of all ages and abilities. Duroseau is the 2011 Daily News Golden Gloves Winner at Madison Square Garden. Herve will be offering a boxing training class during the day. Gael Salvant is a well respected bodybuilder and fitness expert having won several competitions throughout New York State. Salvant will be offering a special bodybuilding class.

Throughout Senator Martins "Athletic, Health and Fitness Day," Fitness classes will be held on: Diet and Losing Weight, Athletic Training, Athletic Boot Camps, Diet and Fitness, Sports Clinics, Strength and Conditioning, Senior Fitness, Women's Health and Fitness and Male Fitness. In addition, Massage Therapy sessions will be offered by therapist Joyce Lopez.

Athletic Boot Camp classes will be led by NFL combine rated trainer Pierre Devaris. Mr. Devaris played professional Soccer for the Puerto Rico National Team and was a DI Track and Field and Football star at Western Michigan University. Devaris won two Gold Medals from the Central American Games for Pole Vaulting and is a special consultant to numerous professional athletes.

"The Athletic, Health and Fitness Day has something for every skill level of fitness," said Senator Martins noting, "it doesn't matter what kind of shape your are in. By participating and coming out and learning at Valencia Gym you are promoting a healthier lifestyle for the future."

The schedule of classes for Senator Martins "Athletic, Health and Fitness Day" are as follows:

10am- Senior In-Shape, General Fitness, Life Coaching

11am- High School and College Athletic Boot Camp Class, Women's Fitness

12noon- Abdominal Class, Men's Fitness

1pm- Female Fitness, Yoga, Boxing Training

2pm- Men's Fitness, Senior Stretch and In-Shape

3pm- Bodybuilding, General Fitness, Athletic Boot Camp Class

Throughout the day, free samples of healthy foods, diet consultations, shakes, massage therapy sessions and much more will be offered.