



## **PRESS RELEASE**

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### **New Fitness and Sports Training Facility is Now Open**

**Gabriele Fitness and Performance**, a 6,000 square foot state-of-the-art Fitness and Sports Training Facility, announced its Grand Opening in Berkeley Heights, N.J. on September 1st.

Gabriele Fitness and Performance sets a new standard in athletic performance training and fitness coaching. The concept was conceived out of a mission and passion of its owner, Vince Gabriele, to provide extensive fitness training and coaching to local adults and young athletes (from Jr. High to College) on an individual level and for local schools and sports teams.

The brand new Berkley Heights facility, a unique warehouse conversion, offers athletes and fitness enthusiasts an ultimate training environment. The premises is fully equipped with a 2,000 square foot Field Turf field, complete weight training and fitness area, a flexibility and recovery room, a 30 yard outdoor sprint track, massage room, homework room for athletes, showers and bathroom facilities and a welcoming reception area. The Hall leading to the turf field features autographed pictures of professional athletes Gabriele has trained and articles on past achievements.

Vince Gabriele has dedicated himself to helping others achieve their fitness and performance goals and improve their quality of life. Whether a young athlete striving to improve their performance or fitness clients needing to add energy or blast fat, he has designed programs that offer a true life-changing experience.

**Gabriele Fitness and Performance is centered on 4 components:**

- **Middle School Athletic Development Training:** Caters to 10-13 year olds and focuses on general athletic development. The main focus is improving coordination and body awareness, in a fun atmosphere, concentrating on learning the basics of Health and Fitness. Over 50 athletes are currently participating in this program
- **High School Athletic Development Training:** High school athletes prepare for their sport season to get bigger, stronger and faster. This intense training is facilitated in small groups of 3 to 6 athletes or can be customized to entire teams.
- **Small Group Fitness Coaching:** Fitness is more fun, affordable and effective in small groups. The fitness coaching program includes 2-4 people per group and focuses on fat loss and improved overall health and fitness.
- **Fat Blast Boot Camp:** Gabriele's signature fitness class offers an affordable, upbeat environment that helps melt away body fat through interval and resistance training. This program has up to 12 people per class and is offered in 8 week increments.

A graduate of New Providence High School, Vince received a football scholarship to Division I Temple University where he played all positions on the offensive line. After four years of Big East Football he transferred to complete a B.S. degree in Business from the University of San Diego. He studied Motor Learning, Applied Kinesiology and Anatomy at San Diego State and received a M. S. Degree in Exercise Science and Health Promotion including Performance Enhancement and Injury Prevention from the California University of Pennsylvania. He is a Certified Strength and Conditioning Specialist (CSCS), an ACE Certified Personal Trainer, and a Youth Conditioning Specialist with the IYCA. He was recently named the International Youth Conditioning Association Trainer of the Month.

Vince spent 5 years in San Diego as a fitness and sports performance coach – to young athletes, fitness clients and professional athletes at nationally recognized Fitness Quest 10. He had the privilege of working with numerous NFL players, firefighters competing in world challenges, youth athletes in numerous sports and men and women as their personal trainer. He trained San Diego Chargers Running Back, LaDainian Tomlinson and was contracted by Nike to train LT during a photo shoot for a sneaker print ad that appeared in publications across the world.

Gabriele Fitness invites you to stop in and see the action at 20 Locust Ave in Berkeley Heights. You can also visit or call 908-464-4441 for more information.