



## **MEN'S HEALTH MAGAZINE NAMES PARISI SPEED SCHOOL TO LIST OF "10 BEST GYMS" IN THE UNITED STATES**

Parisi's Validation & Recognition Continues To Grow

(August 15, 2009 - WYCKOFF, NJ) PRNewswire/ -- Men's Health Magazine has named Parisi Speed School (FairLawn, NJ) as one of the Top 10 Gyms in the United States. The award was made by well respected fitness advisors to Men's Health Magazine and based on a combination of "top quality equipment and trainers well versed in the latest exercise science".

The logo for Men's Health Magazine, featuring the words "Men's Health" in a red, serif font.

"We are honored to have been selected by Men's Health Magazine as one of the Top 10 Gyms in the country," said Bill Parisi, Founder and CEO of Parisi Speed School. "Our Fair Lawn facility is the research and development center for our network of 45 Parisi Speed School locations and is enjoyed by a combination of recreational and world class athletes on a daily basis."

The selection is noted in the September 2009 issue of the magazine which is on newsstands now.

### **ABOUT PARISI SPEED SCHOOL**

Founded by Bill Parisi in 1992, Parisi Speed School's mission is to Empower America's Youth through best in class speed and performance training programs. With 45 franchise locations across the United States, Parisi provides its franchise partners with proven systems to both penetrate the youth fitness market and enhance overall club membership sales. The company has trained well over 100,000 athletes ranging from youth beginner levels to world class professionals in the NFL, NBA, WNBA, MMA and the Olympics. Entrepreneur Magazine recently named Parisi Speed School one of its "Top 20 Franchise Opportunities for 2009".

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