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Universal Athletic Club Parisi Speed School “Alum” **Lands Major League Baseball Contract**

Lancaster, PA, July 20, 2011 — Cameron Gallagher, a 2011 Manheim Township High School graduate and “alumni” of the Parisi Speed School at Universal Athletic Club has just signed with the Kansas City Royals in the Major Baseball League.

“I wanted to bring my game to the next level, and achieve my spot in the major leagues. I feel that Universal’s Parisi Speed School gave me the professional training tools and individual attention I needed,” said Cameron Gallagher. “They really motivated me. I wouldn’t be where I am today without Parisi.”

In the spring of 2010, Gallagher was being seriously considered by some major league scouts but was told he did need to make some changes in order to make the cut. He needed to get faster, stronger and he also needed to lose some weight.

A member of Universal Athletic Club, Gallagher looked into the club’s Parisi Speed School, which is a nationally-licensed program designed to help improve speed, power, strength, flexibility, endurance and self-confidence for athletic performance.

Troy Steffy, Certified Trainer / Sports Conditioning Specialist at Universal, met with Gallagher discuss his specific goals, as he does with all Parisi students and professional athletes he trains.

Gallagher’s fitness level was tested and Steffy created a work out schedule just for him. From November 2010 to March 2011, Gallagher trained at Parisi two days a week for an hour each time. His schedule consisted of high-intensity workouts that Steffy referred to as “functional workouts.” They were comprised of more creative activities like medicine ball throwing routines, weight pulls, sprint runs and tire flips.

Steffy also provided Gallagher with activities that specifically targeted his footwork and burned fat. For a comprehensive approach, Steffy instructed Gallagher on workouts he could complete independently and gave him a journal to track his schedule. By spring 2011, Gallagher lost 20 pounds, which he credited to Universal’s Parisi workouts.

In addition to the weight loss, Gallagher became quicker, more agile and more athletic. He also polished some baseball skills. When the scouts returned to look at Gallagher again they noticed the difference from the year before and were very impressed with his performance.

Although Gallagher attributes much of his success to Steffy and the Parisi Speed School, Steffy said Gallagher came to Parisi ready to work hard. “Cameron wanted to work and he never missed a workout. He wanted to get better and he went after it. Parisi didn’t swing the bat for him—we just helped,” said Steffy.

About Universal Athletic Club

Universal Athletic Club is a 90,000 square-foot Sports, Fitness and Wellness Complex located at 2323 Oregon Pike, Lancaster, PA 17601. For more information on Parisi Speed School or any of Universal Athletic Club’s other programs, please call 569-5396 or visit Universal’s web site at UniversalAthleticClub.com

About Parisi Speed School

Parisi Speed School is a nationally-licensed program designed to help improve speed, power, strength, flexibility, endurance and self-confidence for athletic performance. The program can also help those simply for exercise and weight loss. Parisi can help anyone reach virtually any fitness goal. It is geared for athletes of any sport or non-athletes ages 7 and up through adults.

There are 65 Parisi centers throughout the United States, and Universal hosts the only Parisi Speed School in Lancaster, Pennsylvania. The program was created by Bill Parisi in Northern New Jersey in 1992.