

PRESS RELEASE

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BOROUGH OF ROSELLE PARK NAMES GARDEN STATE ATHLETICS SEPTEMBER 2023 SMALL BUSINESS OF THE MONTH

(ROSELLE PARK, NJ) - The Borough of Roselle Park has chosen **Garden State Athletics** as its Small Business of the Month for September 2023.

Garden State Athletics is a fitness and wellness facility owned by Justin Lasala and Evelin Gallegos located in Roselle Park, New Jersey. The goal of Garden State Athletics is to assist individuals in finding a program that will help them achieve their personal fitness goals in consideration of their individual ability levels. The facility's programs help its clients attain and maintain their peak physical status. Programs include cross training, childhood fitness (starting at age 6), a masters program (for "seasoned" members ages 50+), along with personal and team training offerings. All programs are designed to meet each participant's skill and learning standard led by a staff of professional coaches.

"It is an honor to nominate Garden State Athletics as Roselle Park's Small Business of the Month for September," said **Roselle Park Mayor Joseph Signorello III**. "Over the past several years Justin, Evelin, and their team have partnered with the Borough on many important health-related initiatives. We are proud to have them as a member of our local business community."

Garden State Athletics offers flexible memberships to fit busy lifestyles. From yearly memberships to monthly memberships, or even a trial program, Garden State Athletics touts a readiness to evaluate fitness needs on a clients-specific basis. They also offer a free class to get started! Classes start as early as 5:00 a.m. with some classes offered in Spanish.

Garden State Athletics is located at 310 West Westfield Ave in Roselle Park, New Jersey. For more information about hours of operation, class offerings, and other programs, please visit their website at <https://thegardenstateathletics.com/> or call 732-677-6073.

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