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WEEKLY SUN
24-30 July 1994

Gym Swim In Style
Eleonora Vallone in Spain
Membership Growing by Leaps and Bounds at the Melia and Atalaya Fitness Clubs

The continued success of the Melia and Atalaya fitness clubs, both of which are managed by J.C.Martinez, are proof positive that their superb facilities and extremely wide range of activities are just what the public wants. [...]

In addition to all this, a further noteworthy attraction at the Sporting Club Atalaya is the elegant figure of actress Eleonora Vallone, whose Gym-Swim is gaining more followers each day. Anna Salrà, Gym-Swim teacher at both the Atalaya and Melia clubs, is enthusiastic about the results that people of all ages have obtained by using the Gym-Swim method. "At my Gym-Swim class people are always smiling", she says. "This because the classes are held in water, which means complete, pain-free freedom of movement. Also, there is a certain group therapy in the exercises. These exercises help eliminate muscular tension and stress, and they also build up muscle tone". [...]