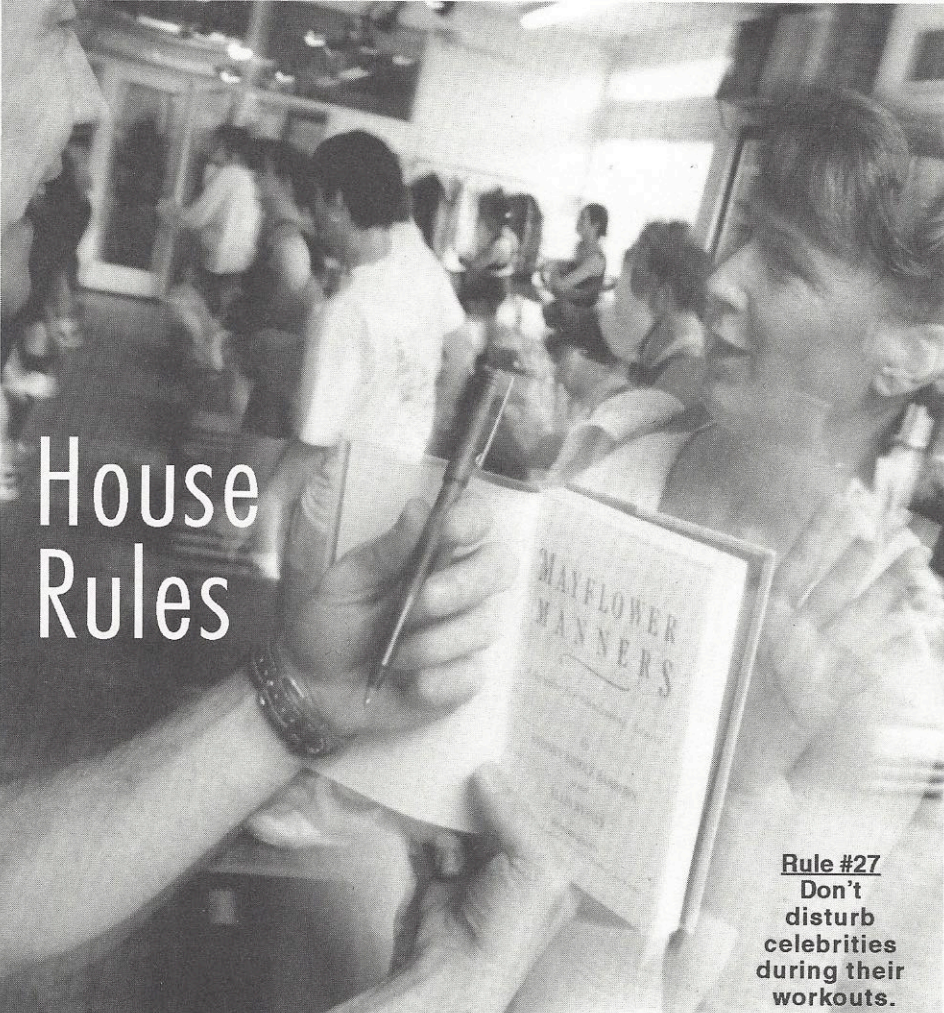


MAY/JUNE 1994

Jeff Ump Martin's

remier Issue

A humorous look at



House
Rules

Rule #27
Don't
disturb
celebrities
during their
workouts.

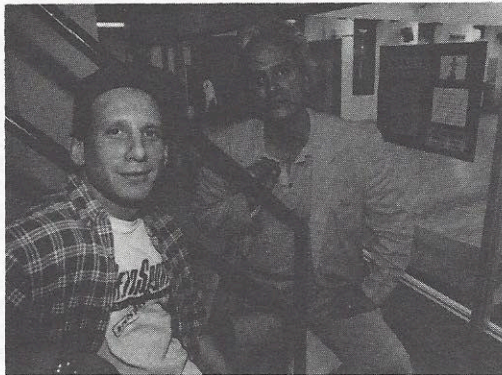
then convince the record companies to bestow contracts based on (cross your fingers) widespread popularity.

PERFECT HARMONY

Universal harmony. It may seem like a tall order, but **John Mirrione**, the fitness consultant and karate instructor at the Jeff Martin Studio, has lofty ambitions. With his partner **Mega Martinez**, a master of the martial arts who trained for five years in Japan, John launched the Universal Harmony Foundation. "We go into schools and let the kids know about universal harmony," explained John. "We put them through a pretty tough workout, which opens their minds and gets them to respect us. Then we have them meditate and then we give them a lecture about the issues of black and white, and how they're just labels. The kids seem to be really struck by our presence."

A recent development is the endorsement of **Hammer**, the rap artist, of the Universal Harmony Foundation. And, with the help of **Joe Franklin**, the retired radio personality, John hopes to convince Mayor **Guliani** to make his Universal Harmony presentation a part of Police Athletic League programs,

and thereby reach many more children. "Rigorous workouts and the meditative factor is very important for self love, and that makes universal love possible," said John.



It's been a year since Jeff Martin joined forces with Pumping Iron gym and opened Jeff Martin Aerobics East opened at 403 East 91st St. Here, Jeff and his eastside co-owner, Steve Cid.

Funk U

Don't miss a couple of new Funk classes that have been added to the schedule. Fridays at 4:30, check out **Akiba's** moves. Then, on Saturdays at 2:30, be sure to catch **Jon Paolillo's** funky dancin'. Jon, by the way, is a reknowned choreographer, most notably for the New York Knicks Dancers.

Muscular Therapist

Medical Massage 30 Minutes/\$30

A massage for a specific problem such as headaches, sciatica, brachial neuralgia, scoliosis, cramped muscles, sprains, carpal tunnel, chondromalacia patella, bursitis, tennis elbow and upper biceps (shoulder) tendinitis

IN CHELSEA

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