



FOR IMMEDIATE RELEASE
July 5, 2011

For more information:
Jan Sobel: 818-610-1054

FORMER POWER RANGER CHRIS STEVENSON TO TEACH MARTIAL ARTS AT BOYS & GIRLS CLUB OF THE WEST VALLEY

(Canoga Park, CA)—Chris Stevenson, the rock star of kickboxing and martial arts instruction and owner of Stevenson Fitness in Oak Park will bring a dojo to the children of the Boys & Girls Club of the West Valley, starting in July. This new martial arts program coincides with the opening of the newly renovated gymnasium at the West Valley Club.

The Club's gym recently underwent a complete refurbishing of the basketball court, including new Lakers-inspired paint; outside lighting for the parking lot and basketball court; and new athletic flooring, backboards and scoreboard.

According to the Club's President/CEO, Jan Sobel, "The most important lesson for the children will be the honor, respect and discipline that come along with formal martial arts training. This program fits in perfectly with our goal of helping young people become positive, productive and self-fulfilled young adults."

Chris Stevenson added, "Stevenson Fitness is dedicated to serving the community and I'm honored to have been invited to share the ancient skills of martial arts with the Boys & Girls Club."

Stevenson Fitness has raised thousands of dollars through its Kicking for The Cause program for charities like Avon Walk, Regenerate Film's Open Borders and Japan's tsunami victims. The Stevenson approach to fitness includes private training, tailored injury management, unique group classes and nutritional guidance.

The Boys & Girls Club of the West Valley was founded in 1992 as a response to the local need for safe, healthy, productive activities for youths during non-school hours. There are more than 3,100 members of the Club. Approximately 150 children visit the Main Clubhouse in Canoga Park each day in addition to more than 550 children engaged in after-school activities at the Club's five school sites: Blythe, Reseda, and Topeka Drive Elementary Schools; Canoga Park High School; and the affordable housing community of Tierra del Sol.

The Boys & Girls Club of the West Valley is located at 7245 Remmet Ave., Canoga Park, CA 91303. Telephone is 818-610-1054. The Club's website is wvbgc.org.

###