

Young Fil-Am opens unique physical training center

Written by Special to the Filipino Reporter
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IPA's Training Center on Newark Avenue in Jersey City, N.J.

JERSEY CITY — Joshua Teves, 29, of this city, leaves the corporate world to open his own training center, which he calls Ironbound Performance Athletics or IPA.

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The center is located in the downtown area at 251 Newark Avenue, Jersey City, N.J.

Telephone is 201-270-6783.

Equipped with five-year experience and some 20 certifications on various aspects of physical training, the young entrepreneur is all set to open his business to the public after a ribbon-cutting ceremony on Sept. 15.



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Joshua Teves, IPA Owner.

According to Joshua's father, Jonathan Teves, Mayor Steve Fulop and Council President Rolando Lavarro, Jr. will attend the opening.

Asked what services will be provided, Teves said IPA will provide semi-private training for 2-4 people and group classes (up to 20 people per class).

He also said 1-on-1 personal training will be provided by IPA.

"Our training philosophy is based on a system of progressions and regressions based on an individual's movement with safe and fun movements," said Teves.

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Joshua in action.