

Excel Complete Fitness Program

- Group classes - Personalized programs - Professional staff

Don't let an active lifestyle pass you by...

take the next step today!



Our credentialed professional staff will help you reach your goals and maximize your fitness potential.



You will be provided with customized workouts to:

- Improve cardiovascular fitness.
- Increase muscular strength and endurance.
- Improve flexibility.
- Promote healthy weight loss.



Group fitness classes are also available and forming now. For more information, contact Elena McCoy at (636) 926-3277.

Don't forget to ask about our nutritional consultations, because fitness is only half the battle.

(636) 926 - 3277

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www.excelSportspt.com


EXCEL
SPORTS
Physical Therapy