



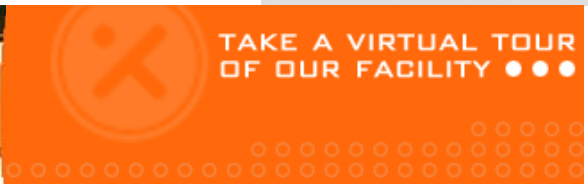
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Our Facilities

● ● ● *find your pace*



Focused On You

The Xcelerate Fitness facilities were designed by world-renowned fitness center architect Hervey Lavoie of Ohlson Lavoie Collaborative (OLC) – one of the industry’s leading health club designers, responsible for some of the world’s most acclaimed fitness facilities.

Here in one convenient location, you’ll find group exercise studios, spinning studios, specialized areas for free weights, cardio machines, selectorized weight machines, a basketball court, and a separate area for stretching and personal training – everything you need to find your pace! Xcelerate Fitness also provides lockers, individual showers and private changing rooms.

Televisions-Our cardio equipment features individual flat screen LCD monitors for your customized viewing and entertainment. Programming is provided by DirecTV.

Kinesis

Xcelerate features “Kinesis”, a cutting edge training system that allows over 250 exercises and movements to improve strength, flexibility, and balance. This innovative piece of equipment is the first of its kind in California between San Francisco and Los Angeles!

TRX® Suspension Training

TRX (www.fitnessanywhere.com) is the newest edition to the Xcelerate Fitness group training options. TRX delivers a total body workout, allowing you to perform hundreds of exercises that build strength, flexibility, core stability and endurance. TRX suspension training harnesses your own bodyweight to create resistance as your workout and allows you to adjust the degree of difficulty, regardless of your fitness level, age or fitness level.

Thousands of people now train on the TRX – from professional athletes who need peak performance to everyday people who just want to feel and look their best, the TRX delivers! Designed by a Navy SEAL, this set of nylon straps creates resistance from two sources: body weight and gravity. Resistance can be adjusted by changing the incline of your body to suit any fitness level. You’ll unlock new dimensions in your training, breaking plateaus and ultimately making your body your machine.

TRX can be found exclusively at our Selma location.

