



**Spinning**- Cardiovascular exercise done on a stationary bike designed for extreme riding. The flywheel weighs 48lbs. for added resistance and maximum endurance push. This bike is regulated by a resistance knob to simulate hills, climbs, etc.... This class is taught by a Certified Instructor.

**Body Control and Conditioning**- Essential to the development of overall strength output is the development of body control and condition. This features a series of exercises that develop overall body control, mental focus, and core strength. This phase is essential to the overall strength output to the athletes, scientifically proven to increase overall strength outputs.

**Speed and Agility**- This phase of conditioning focuses on the overall mechanics of speed and agility. Athletes will learn the techniques of explosive speed and agility. With repetition athletes will improve overall mechanics that are associated with greater speed, quickness, and explosiveness.

These 3 elements will create the **BEST** Athletes. Spinning, Body Control and conditioning, Speed and Agility! Be on top of the game with the best program in town.  
Summer programs forming now!

June, July, and August. Each program lasts 4 weeks. Program consists of 3 days a week 1.5hrs. per session. \$200.00 for the 4 week program. Price break down is \$10.00 per 1.5 hrs.



Call [the Fitness Cellar](http://www.thefitnesscellar.com) 937-322-3488

check us out on-line at [thefitnesscellar.com](http://www.thefitnesscellar.com)