

## Xcel Performance Health & Wellness - Quincy

quincy

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## Xcel Performance Health & Wellness - Quincy

### Welcome to Gym XCEL Performance Health & Wellness

Located in Quincy, Illinois, **Gym XCEL Performance Health & Wellness** offers a comprehensive approach to health and fitness. This facility is designed for individuals of all ages and fitness levels, ensuring everyone has access to the resources they need to achieve their wellness goals.

### Accessibility and Amenities

At XCEL, accessibility is a top priority. The gym features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it easy for all individuals to access the facilities comfortably. The gym is equipped with a variety of **amenities** that enhance the overall experience, including a spacious **swimming pool** for aquatic workouts and relaxation. Members can also enjoy complimentary **Wi-Fi**, allowing you to stay connected while working on your fitness journey.

## **Membership Required**

To take full advantage of what Gym XCEL offers, a **membership is required**. This ensures that every member can benefit from personalized training programs tailored to individual needs. The staff, led by Chris and his team, are dedicated to helping each member achieve their personal fitness goals.

## **A Team That Cares**

The positive feedback from members highlights the dedication of the XCEL team. One member expressed, "I can't think of a better place to go in the Quincy area for health, wellness, and overall performance." This sentiment reflects the commitment of the trainers like Mitch, Brian, and Kelly, who provide effective treatments, such as fascia massage, stretching exercises, and therapeutic techniques to alleviate pain.

## **Expert Guidance and Motivation**

Members appreciate the knowledgeable and motivating staff at XCEL. With a focus on corrective, sports, or general training, the trainers are equipped to handle various fitness needs. A satisfied member stated, "The staff are knowledgeable, fun, & motivating. They truly care about their patients." Whether you're a young athlete or someone looking to get back in shape, the guidance provided by the team fosters an environment of growth and support.

## **Planning Your Visit**

When planning your visit to Gym XCEL, it's important to note that while the staff is incredibly supportive, the gym's hours may be limited to accommodate specific training schedules primarily focused on high school athletes. This unique approach allows for specialized attention and training for younger members, ensuring they receive the best possible guidance during their formative years.

## **Conclusion**

Overall, Gym XCEL Performance Health & Wellness stands out as a premier choice for those seeking a comprehensive health and wellness experience in Quincy, Illinois. With a focus on accessibility, knowledgeable staff, and a range of amenities, this gym is ready to help you embark on your fitness journey.

**Our premises are located at**

804 State St #2ll, 62301 Quincy, Illinois - United States (US)

The contact line of said **Gym** is +1217-214-3482

And if you want to send a WhatsApp, you can do so at +1217-214-3482

**We are available at these times:**

Day	Hours
Monday	8?AM–7?PM
Tuesday	8?AM–5?PM
Wednesday	9?AM–12?PM
Thursday	Closed
Friday	6?AM–7?PM
Saturday	8?AM–7?PM
Sunday	6?AM–6?PM

The website is XCEL Performance Health & Wellness

In case you want to alter any data that you feel is not accurate related to this portal, please send a message and we will correct it quickly. Thanks beforehand thank you very much.

**Images**



*Xcel performance health wellness street view 360deg*



*Xcel performance health wellness quincy*

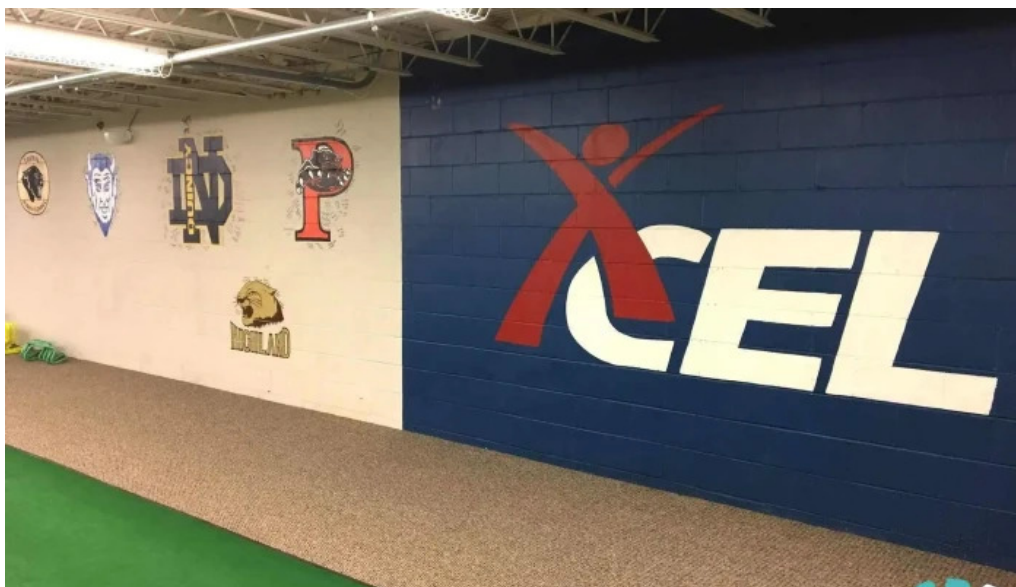


*Xcel performance health wellness map*



*Xcel performance health wellness gym*





*Xcel performance health wellness by owner*



*Xcel performance health wellness all*

## Tags

*Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance, Wi-Fi, Planning, Swimming pool, Membership required, Amenities*

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**4.9 \*** *Factum Performance and Wellness - Centennial*

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**4.9 \*** *Peak Performance Colorado Llc - Littleton*

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**5.0 \*** *Raw Sports Performance - Walnut Creek*

<b>5.0 *</b>	<i>Kinetic Performance Fitness - White Plains</i>
<b>5.0 *</b>	<i>Tm Total Performance - Acton</i>
<b>5.0 *</b>	<i>Beyond Fitness and Performance - Highlands Ranch</i>
<b>5.0 *</b>	<i>Aspire Athletic Performance Llc - Westford</i>
<b>4.9 *</b>	<i>Cressey Performance - Hudson</i>
<b>5.0 *</b>	<i>Performance Ready Fitness Studio - Lone Tree</i>

## Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
coworking space
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store

gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club



sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
weightlifting area
wellness center
wellness program
yoga instructor
yoga studio
youth organization