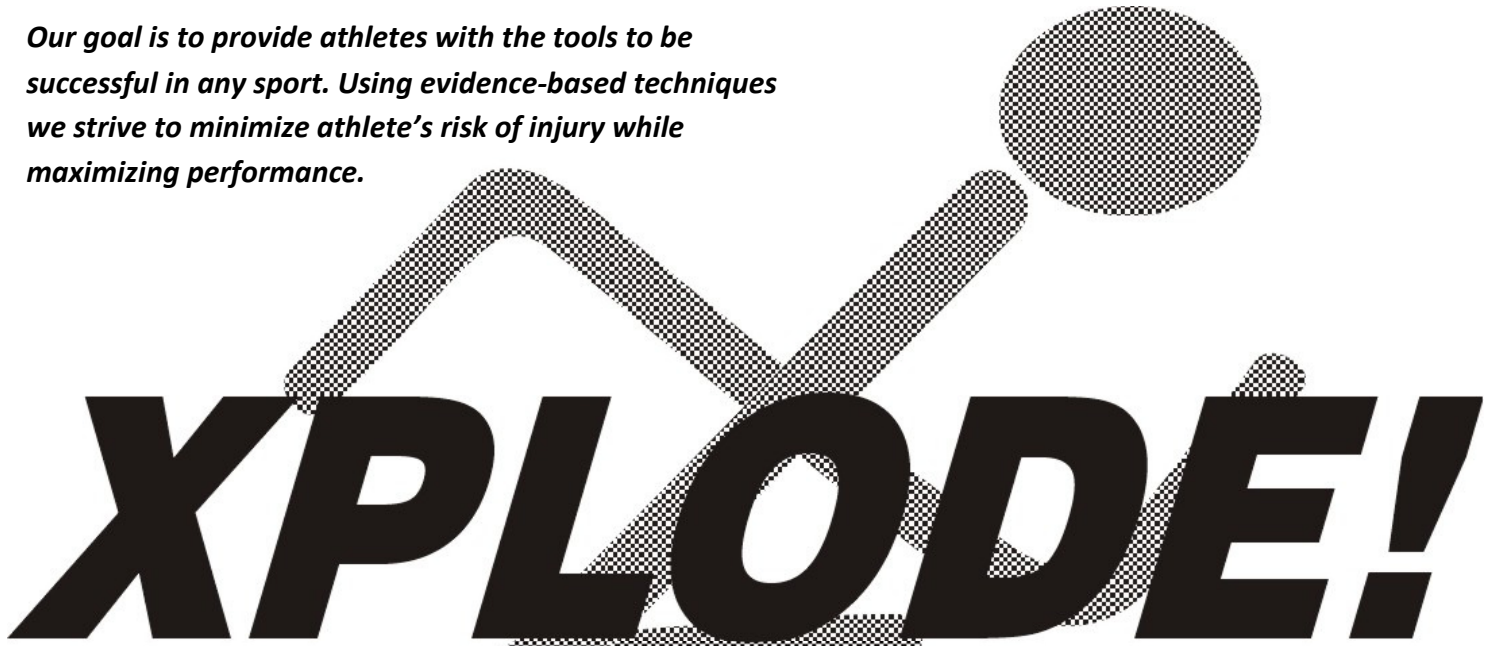




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Our goal is to provide athletes with the tools to be successful in any sport. Using evidence-based techniques we strive to minimize athlete's risk of injury while maximizing performance.



Xcel XPLODE! has moved to Crossfit Dedication

To accommodate the growing XPLODE! Sports Performance program, we have moved the program to the CrossFit Dedication gym, also located in Vandalia. Melissa Mitchell, a resident physical therapist at Xcel and owner of Crossfit Dedication, is running the XPLODE! program and is forming classes now.

This change is aimed to enhance the already existing Xcel program, offering more space and equipment to the participants.

Get in the Game!

Space is limited. Call to reserve your spot!

If you would like to inquire about individual or group sessions, contact Melissa Mitchell at 937-248-4433.