

# *Top Shape Fitness Center*



## **Excel Sports & Conditioning Program**

Are you ready to take your game to the next level?  
To improve your skills and excel in the sport you love like never before?

The way to do that is off-season conditioning with a professional trainer. In today's competitive sports, talent alone is not enough - you need to combine talent with hard work. Top Shape Fitness is the answer! We have the best off-season programs and extreme workouts for all levels, all sports, and all ages that will have you in mid-season condition at the start of the season. Let the coach's coach and let the trainers train. Coaches are spending too much time getting their players in shape instead of focusing on game preparation and strategy.

### Excel Sports Offers:

- *One-on-One or Group Training*
- *Strength Training*
- *Speed and Explosive Drills*
- *Stamina and Endurance Drills*
- *Plyometric Training*
- *Sport-Specific Drills*

We also work on building confidence and the mental preparation for mind and body experience.

George Tyler is one of the leading Fitness Experts in the Country. He has trained High School All-Americans, State Champions, MVP's, College, and Pro athletes. George also owns Top Shape Fitness Center which has changed hundreds of lives through weight loss and living healthier with physical fitness. George holds a B.S Degree in Physical Education and is a Certified Personal Trainer with ISSA.

Get a jump on the competition and be ready to excel. If you want to become a winner, it starts in the off-season.

***Top Shape Fitness Center***  
***410-715-3727***  
***<http://www.tsfit.com>***