

## Bernardsville fitness studio evolves out of physical therapy practice

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#### STAFF WRITER

The level of training for the staff at EXCEL Fitness Center is what sets that facility apart from other gyms in the area, said owner Mark Neilan, who himself has a doctorate and professional experience in physical therapy.

Neilan said he now enjoys working with clients to get them in shape to meet their training goals and prevent physical injuries.

The fitness center offers packages of either 8 or 12 sessions, lasting 60 minutes, with a personal trainer who works with them on a program using weights, cardiovascular equipment and other specialized exercise equipment, Neilan said. Those clients, some dating back to his years as a physical therapist, may use the cardiovascular equipment as much as they'd like on their own, he said.

Trainers make sure clients are using equipment properly to avoid injury and meet specific goals, he said.

Three clients recently ran a marathon down at the Jersey Shore and another won a figure competition, Neilan said.

Neilan said his oldest client is 93 and the youngest, age 10, is working on his balance to improve his snowboarding.

The center also offers such special services as acupuncture and massage, he said.

Since January, the fitness center has also been equipped with a metabolic cart that can specifically determine a client's maximum heart rate and metabolic rate, which Neilan said is valuable information for either training or setting a weight-loss goal. Such carts are usually available only at hospitals, he said.

Neilan said his own background puts him ahead of other trainers who don't know how to handle a client who has been injured, he said.

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#### AT A GLANCE

##### EXCEL FITNESS CENTER

Address of business: 75 Claremont Road, Suite 202, Bernardsville

Principal: Mark Neilan, pictured

How long in business: Four years

Number of employees: Four, plus subcontractors with specialties

Telephone number: 908-696-8418

Web site: [www.excelfitnesscenter.com](http://www.excelfitnesscenter.com)

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**Abstract** (Document Summary)

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