



## Chamber Member Spotlight – XL Sports World

Are you looking for a way to be active without having to deal with the heat of a typical July day? Maybe you're hoping to get back to your New Year's Resolution of hitting the gym more frequently. Or perhaps you want to try a spin class or are just looking for a way to get the kids out of the house to burn off some energy on a rainy day. XL Sports has solutions for these options and more.

XL Sports World is a nationwide gym and sports facility with locations ranging from Orlando, Florida to right here in Saco, Maine. We recently had an opportunity to tour the facility and sit down with general manager Jamie Kelly to learn more about the numerous offerings XL Sports World provides.

If you are looking for a way to get fit, XL Sports World makes it easy with their 24/7 gym. In addition, for only \$5 (or 10 for \$40), they have drop-in fitness classes daily, which range anywhere from spin class to "booty boot camp" conducted by one of their fantastic trainers. Pickle ball, another activity that is growing in popularity, is available from 9:00am - 12:00pm every weekday.

But XL Sports World isn't just for adults. There are lots of kid-friendly activities, leagues and camps as well. At only \$45 a day, or \$150 a week, their weekly camps are very popular in the summer. The kids do a wide variety of activities, complete with weekly guest speakers and a field trip every Wednesday. Registration is possible at any point. In addition, they have half day soccer and basketball camps in both July and August from 9am - 12:00pm. If you are looking for a way to entertain the kids, check out their bounce zone which is open from 9am - 5pm for \$12 per child.

Aside from the gym and kids camps and activities, however, one of the biggest attractions of the facility is its numerous athletic leagues. From soccer to volleyball, XL Sports leagues and training have great options for all ages. And when the workout is done, XL Sports World has a great beverage center on site to quench your thirst. We recommend stopping by and saying hello to Jamie at the facility or perhaps chatting with him at an upcoming Chamber event to learn more about what XL Sports World has to offer!