

Fall 2010

September 7th - November 20th



“Making Athletes More Athletic”

TOP Fitness is located at the Conway Arena in Nashua, NH. Each of our programs promotes **safe, fun and educational programs** for adolescents, teens and adults. Our trainers are highly skilled and properly trained to **teach effective techniques** to improve speed, flexibility, coordination, balance, acceleration/deceleration, strength, explosiveness and more.

Program Descriptions

Performance Enhancement (1.5 hour)
Appropriate for athletes aged 13 + who want to train to improve their conditioning, speed, agility, quickness and strength for their upcoming season.

Foundations of Movement (1 hour)
For young athletes aged 9-12 who want to improve speed, coordination, core strength, quickness and balance.

In-Season Program (1.25 hour)
For athletes aged 13+ who want to maintain their overall speed, strength, flexibility, and conditioning during their sport season.

Adult Program (1 hour)
For adults of all abilities. Sessions will focus be tailored to meet the needs of adults to improve their overall fitness and well being.

Figure Skating Program (1 hour)
Geared toward the need of figure skaters, this program will teach proper warm-ups and stretching and will improve flexibility, movement, balance and conditioning.

Program Schedule & Cost

11 Week Session (Closed Columbus Day, Oct. 11rd)

Session	Times & Days	1 Day	2 Days	3 Days
Performance Enhancement	3:00-4:30 pm (M/T/W/Th/F) 4:30-6:00 pm (M/T/W/Th)	\$275	\$458	\$575
Foundations of Movement	6:00-7:00 pm (M/W or T/Th)	\$180	\$330	n/a
In-Season Training	8:30-9:45 am (Sat) 10:45-Noon (Sat)	\$180	n/a	n/a
Figure Skating	9:45-10:45 am (Sat)	\$165	n/a	n/a
Adult Program	7:00 - 8:00 pm (M/W or T/Th)	n/a	\$330	n/a
Personal/Team Training	Call for availability and pricing.			

ONLINE SIGN-UPS ARE AVAILABLE! VISIT OUR WEBSITE!

Registration:

Name: _____ Address: _____

Email: _____ Phone: _____

Session: _____ # of Days: _____ Days preferred: _____ Total Due: \$ _____

Please understand sessions are on a first-come first serve basis. A \$100 non-refundable deposit is needed to hold a spot. The balance is due on the first day of the session.
To complete registration, please send this form, a TOP Fitness Waiver (located on our website) and your deposit to: **TOP Fitness, 8 Riverside Street, Nashua, NH 03062.**