

# Spring 2009

March 16th - June 6th\*



## “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 NH April Vacation)

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) 6:00-7:30pm (M/W)	\$275	\$458	\$595
Foundations of Movement	6:00-7:00 pm (T/Th)	\$180	\$330	n/a
In-Season Training	8:30-9:45 am (Sat) 10:45-Noon (Sat)	\$200	n/a	n/a
Figure Skating	9:45-10:45 am (Sat)	\$180	n/a	n/a
Adult Program	7:00 - 8:00 pm (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.**