

# Summer 2009

June 15th - August 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 Highlights

#### Performance Training

- Speed - Running mechanics and agility
- Power - Strength Training and Plyometrics
- Conditioning - Proper conditioning to improve work capacity
- Flexibility - Techniques to restore healthy function of soft tissue and joints

#### Performance Testing

- Vertical Jump
- 4 Vertical Jump
- Broad Jump
- 10yd Dash

#### Injury Prevention

- Movement Screen - to identify areas of weakness and develop corrective strategies

#### Nutrition

- Understand how to fuel and hydrate the body to achieve peak performance and recover from games

### Program Schedule & Cost

Session	3 or 4 Day Program (M - Th)	6 Week	8 Week	10 Week
Performance Enhancement 2.0 hours	8-10am, 10-Noon, 2-4pm, 4-6pm, 6-8pm 3 Day Program (M/T/Th)	N/A	\$675 \$565	\$825 \$675
	<b>2 Day Program (M/W or T/Th)</b>			
Performance Enhancement 2.0 hours	9-11am (M/W or T/Th) 11-1pm (T/Th) 3-5pm (M/W or T/Th) 5-7pm (M/W or T/Th)	N/A	\$425	\$525
	<b>2 Day Program</b>			
Foundations of Movement 1.0 hour	11 - Noon (M/W) or 1-2pm (T/Th) July 6th - August 10th	\$200	N/A	N/A
<b>Team Training</b>	<b>Call for Team Discount.</b>			

### Registration:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please circle your session choice, time, days and cost to complete registration form.**

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.**