



### “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

All sports require flexibility, power, speed/agility, strength, and stamina. Our goal is to get players to excel in all these areas. Our **Performance Enhancement Program** will help each athlete improve their power and explosiveness for the movements needed on the field.

#### 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

#### Injury Prevention

- Mobility of the ankle, hip, T-Spine. Stability of the knee, back, and shoulder

#### Nutrition

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

Session	Schedule	8 Week	10 Week
Performance Enhancement 2.0 hours	<b>3 Day (M/W/F)</b> 6-8am, 9-11am		4 Day - \$825
	<b>4 Day (M/T/W/Th)</b> 7-9am, 8-10am, 10-Noon, 11-1pm 4-6pm, 6-8pm <u>Elite Hockey Group</u> - M/W 1-3, T/Th 2-3pm	4 Day - \$675 3 Day - \$565	3 Day - \$675 Elite Hockey Group \$660
	<b>2 Day Program (M/W or T/Th)</b>		
Performance Enhancement 2.0 hours	9-11am (T/Th)	\$425	
	3-5pm (M/W or T/Th) 5-7pm (M/W or T/Th) <u>Youth Off-Ice Hockey Group</u> T/Th 1-2pm	Youth Off-Ice Hockey Group \$200 (1hr)	\$525

### 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, 5 Riverside Street, Nashua, NH 03062.**

