

# Winter 2009 - 2010

November 30th, 2009 - March 13th, 2010\*



## “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)

For athletes aged 13 + who want to improve their flexibility, power, multi-directional speed, strength, and conditioning for their upcoming season.

### Foundations of Movement (1 hour)

This class is for young athletes aged 9-12 who want to improve motor skill development by performing drills in a systematic sequence to enhance their skill set in the areas of multi-directional speed, hand eye coordination, core strength, flexibility, and balance.

### In-Season Program (1.25 hour)

For athletes aged 13+ who want to maintain their overall speed, strength, flexibility, and physical health. The use of corrective exercise strategies help to off-set the physical wear and tear the body encounters during the sporting season.

### Adult Program (1 hour)

For adults of all abilities. Sessions will be tailored to meet the needs of adults to help improve their flexibility, strength, conditioning, and well being.

### Figure Skating Program (1 hour)

This program will focus on developing flexibility, strength, balance, and core stability.

## Program Schedule & Cost

12 Week Session (\*Closed Dec. 21st - Jan. 3rd & Feb. 22nd - 26th)

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/F)	n/a	\$500	\$650
Foundations of Movement	6:00-7:00 pm (M/W)	\$200	\$360	n/a
In-Season Training	8:30-9:45 am (Sat) 10:45-Noon (Sat)	\$220	n/a	n/a
Figure Skating	9:45-10:45 am (Sat)	\$200	n/a	n/a
Adult Program	7:00 - 8:00 pm (M/W or T/Th)	n/a	\$360	n/a
Team Training	6:00 - 7:00pm (T/Th) - Call for 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.**