

Winter 2011-2012

November 28th, 2011 - March 10th, 2012 (13 Weeks)



“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) - This off-season program is for athletes ages 13 + who want prepare for their upcoming sporting season. These sessions will improve their flexibility, speed/agility, strength, and conditioning levels needed to have a healthy and successful season.

Foundations of Movement (1 hour) - A developmental program for young athletes aged 9-12 who want to improve the motor skills needed to improve speed, coordination, reaction time, spatial awareness, as well as flexibility, core strength, reaction time, and balance.

In-Season Program (1 hour) - For athletes aged 13+ who want to maintain their speed, strength, and flexibility during their sport season with an emphasis on recovery and injury prevention.

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.

Golf Performance (1.25 hour) program focuses on maximizing power, flexibility, strength, and stamina. Our program is also geared to educate clients about how to protect their bodies, reducing the chance of injury due to the one-sided physical demands of the sport, and improve performance.

Session	Times & Days	1 Day	2 Days	3 Days
Performance Enhancement	2:30-4:00pm (M/T/W/Th/F) 3:15-4:45pm (M/T/W/Th/F) 4:00-5:30pm (M/T/W/Th) 4:45-6:15pm (M/W/F)	n/a	\$545	\$700
Foundations of Movement	4:45 - 5:45pm (T/Th)	\$200	\$390	n/a
Adult Golf Performance	5:45-7:00pm (M/W) 7:00-8:15pm (M/W) 6:00-7:15pm (T/Th/Sat* 9-10:15am Optional)	n/a	\$450	\$650 (T/Th/Sat)
Adult Fitness Program	6:30-7:30pm (M/W) 7:00-8:00pm (T/Th)	n/a	\$390	n/a
In-Season Training	10:15-11:15am (Sat) 11:15-12:15 (Sat) 12:15-1:15pm (Sat)	\$195	n/a	n/a

Registration:

Name: _____ Address: _____

Email: _____ Phone: _____

Time: _____ # 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, 5 Stadium Drive, Nashua, NH 03062.**