TOP FORM, INC.



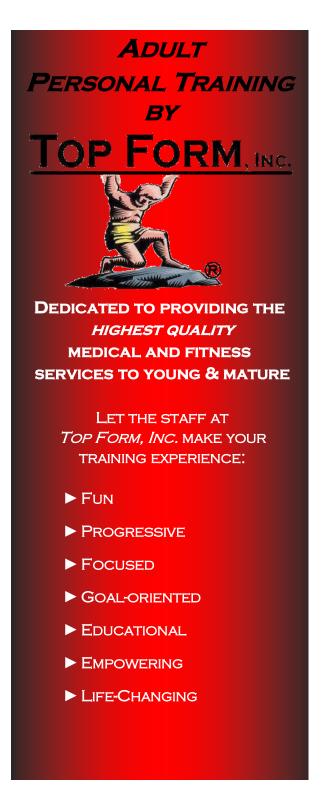
DIRECTIONS

- ► THE TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER IN CASTLETON IS LOCATED JUST OFF EXIT 10 ON I-90. HEADING EAST, MAKE A RIGHT OFF THE RAMP AND WE ARE .1 OF A MILE ON THE RIGHT. HEADING WEST, TAKE A LEFT AT THE END OF THE RAMP, GO .2 OF A MILE AND WE ARE ON THE RIGHT.
- ► FOR MORE INFORMATION ABOUT ANY OF OUR PROGRAMS, CALL US AT 518.477.2700



PROUDLY SPONSORED BY:

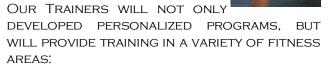
81 MILLER ROAD CASTLETON, NY 12033 518.477.2700



PERSONAL TRAINING

ISIT OUR NEW PERFORMANCE AND EDU-CATION CENTER IN CASTLETON!

TOP FORM, INC. WILL TRAIN YOU LIKE YOU HAVE NEVER BEEN TRAINED BEFORE! MANY GYMS OVERLOOK PERSONAL TRAINING OR DO NOT PROVIDE THE FOCUSED, UNIQUE EXPERIENCE THAT PERSONAL AND SMALL GROUP TRAINING CAN OFFER.



- ⇒ BALANCE
- ⇒ CIRCUIT TRAINING
- ⇒ ENDURANCE
 ⇒ HAND-EYE
- COORDINATION
- ⇒ Injury Prevention
- ⇒ Nutrition ⇒ Power
 - ⇒ SCULPTING⇒ SPEED
 - ⇒ WEIGHT TRAINING

⇒ MENTAL TRAINING

...AND MUCH MORE!

PROGRAMS



PROGRAMS WILL CONTINUE TO DEVELOP AND CHANGE AS YOU DO! OUR TRAINING IS BASED ON EDUCATION, EMPOWERMENT, AND FUN!



AT THE *TOP FORM, INC.* PERFORMANCE AND EDUCATION CENTER, INDIVIDUALS WILL BE TRAINED PERSONALLY OR IN SMALL GROUP SETTINGS OF FOUR PEOPLE OR LESS, WITH EACH INDIVIDUAL WORKING ON THEIR PERSONAL PROGRAM DESIGNED TO MEET YOUR GOALS.

TYPICAL PERSONAL TRAINING SESSIONS CHARGE \$80 PER SESSION AND ONLY DE-LIVER HALF OF WHAT *TOP FORM, INC.* CAN! COM-PARE OUR PRICES ON THE BACK OF THIS BROCHURE AND STOP IN TO GIVE US THE CHANCE TO CHANGE YOUR LIFE!

TOP FORM, INC.

PERSONAL PERFORMANCE PROGRAMS

- ► MONTHLY MEMBERSHIP:
 - ⇒ REQUIRES 3-MONTH COMMITMENT FOR THIS PRICE AND INCLUDES UP TO TWO SESSIONS PER WEEK: \$295/MONTH
- ► ONE-ON-ONE PERSONAL PRIVATE TRAINING:
 - ⇒ **Become Top Formed!** YEARLY

 PROGRAM (\$16.80/visits) FOR 2

 VISITS/WEEK. ONE PAYMENT/NO

 HASSLE!
- ► TOP FORM PROGRAMS:
 - ⇒ Book of 10 trainings: \$495
 - ⇒ MOST POPULAR: 50 VISITS \$1250 (\$25 \$/SESSION)
- ► PERSONAL IN-HOME TRAINING:
 - ⇒ INCLUDES A COMPLETE PER-SONAL AND HOME EVALUATION FOR PROGRAMMING AND DEVEL-OPMENT OF A "PERSONAL PLAN OF ACTION": \$625 FOR SIX VISITS
- ▶ GROUP TRAINING
 - ⇒ DEVELOP A "SMALL GROUP" OF

 4 OR MORE, DESIGNATE A SPECIFIC TIME TO MEET AND SAVE!

 CALL WE HAVE SEVERAL GROUPS
 GOING, YOU CAN JUMP RIGHT IN!
 - ⇒ 10 SESSIONS: **\$250** PER PER-SON, A GREAT DEAL!

TOP FORM, INC. PROFESSIONAL STAFF

RON ANNIS, PRESIDENT, CERTIFIED
ATHLETIC TRAINER, CERTIFIED
STRENGTH AND CONDITIONING
SPECIALIST, AND LEVEL ONE OLYMPIC
DEVELOPMENT COACH

"TOP FORM, INC. WAS CREATED TO BRING 25 YEARS OF EXPERIENCE IN ATHLETIC INJURY AND STRENGTH AND CONDITIONING AT THE WORLD- CLASS, COLLEGIATE, HIGH SCHOOL, AND GRADE SCHOOL LEVELS TO YOUR COMMUNITY!"

MONIKA ANNIS, VICE PRESIDENT,
DIRECTOR OF HEALTH & WEIGHT LOSS
MBA UPSALA UNIV., SWEDEN

-MONIKA HAS TRULY DEVELOPED

TOP FORM, INC. INTO AN INTERNATIONAL COMPANY WITH OUTSTANDING CONSULTING AND SERVICE CONTRACTS

MICHAEL REEVES, FRANCHISE OWNER SPORTSPLEX OF HALFMOON. **TOP FORM CERTIFIED STAFF:**

JOSH RIVERS
CHRIS FAULKNER
CRAIG FORTH
MATT SMITH
NICOLE DEJULIO
ADAM ROZNIEWSKI
AMANDA CARY

CALL US TO SEE WHAT

TOP FORM, INC.

CAN DO FOR YOU!

►518.477.2700