

TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER AT SPORTSPLEX
 IS PROUD TO PRESENT **TOP FORM, INC.'S** TRAINING PROGRAM THAT PROVIDES ATHLETES
 (AGES 10 AND UP) THE UNIQUE OPPORTUNITY TO ENHANCE THEIR SPORTS FITNESS UNDER
 THE SUPERVISION OF CERTIFIED PROFESSIONALS. OUR TRAINERS WILL PROVIDE TRAINING IN
 A VARIETY OF FITNESS AREAS.

THE TRADEMARKED **TOP FORM, INC.** PROGRAM IS BASED ON A FIVE-LEVEL SERIES THAT
 PRESENTS ESCALATING CHALLENGES IN A RANGE OF FITNESS SKILL AREAS. PARTICIPANTS
 IN OUR ANNUAL MEMBERSHIP OR TRYOUT RECEIVE A **TOP FORM, INC.** TRAINING BOOK TO
 DOCUMENT THEIR SUCCESS IN PERFORMING INCREASINGLY DIFFICULT
 TRAINING TASKS AND EARN A PATCH AT EACH LEVEL OF ACCOMPLISHMENT.

MEMBERS ARE WELCOME TO JOIN AT SEVERAL LEVELS.
 BENEFITS VARY WITH THE PREFERRED PLAN:



MONTHLY MEMBERSHIP:

- ▶ **\$675** FOR 5 MONTHS OF ATHLETIC PERFORMANCE TRAINING. MUST BE USED WITHIN 10 MONTHS. 2X/WEEK TOTAL OF 40 VISITS
- ▶ **\$450** FOR 3 MONTHS OF ATHLETIC PERFORMANCE TRAINING. MUST BE USED WITHIN 6 MONTHS. 2X/WEEK FOR TOTAL OF 24 VISITS

TOP FORM, INC. TRYOUT:

- ▶ ATHLETES' STRENGTHS AND CHALLENGES ARE ASSESSED BY A CERTIFIED PROFESSIONAL, WHO CREATES AN INDIVIDUALIZED PROGRAM WITH GOALS AND PROGRESSIONS
- ▶ 20 TRAININGS: **\$500** TO BE USED WITHIN 6 MONTHS.

TOP FORM, INC. MINI CAMP:

- ▶ SAME AS TRYOUT ONLY 10 SESSIONS, **\$275** TO BE USED WITHIN 3 MONTHS.

TOP FORM, INC. GROUP TRAINING:

- ▶ CREATE A GROUP OF SIX OR MORE PEOPLE, DESIGNATE A SPECIFIC TIME TO MEET TWICE PER WEEK, AND **SAVE 20%!**
- ▶ 10/20 TRAININGS: **\$200/385 PER PERSON** LARGER GROUPS CAN BE ACCOMMODATED BY APPOINTMENT WITH ADDITIONAL DISCOUNTS

TOP FORM INC

TOP FORM,

Ask about
 Specific pro-
 grams for:

-Mass/Size
 -Speed

www.topform.us

JOIN **TOP FORM, INC.'S**
 TRADEMARKED MENTAL AND
 PHYSICAL PERFORMANCE
 TRAINING THAT IS UNLIKE
 ANY OTHER!

TRAINING PROGRAMS:

- BALANCE
 - CIRCUIT TRAINING
 - ENDURANCE
 - HAND-EYE COORDINATION
 - INJURY PREVENTION
 - MENTAL TRAINING
 - NUTRITION
 - POWER
 - SCULPTING
 - SPEED
 - WEIGHT TRAINING
- AND MUCH MORE!



CALL AND SEE WHAT

TOP FORM, INC.
 CAN DO FOR YOU!
518.477-2700

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 MARKETING, MBA UPSALLA UNIV., SWEDEN

-MONIKA HAS TRULY DEVELOPED *TOP FORM, INC.* INTO AN INTERNATIONAL COMPANY WITH OUTSTANDING CONSULTING AND SERVICE CONTRACTS

MIKE REEVES, BS TOP FORM INC.

FRANCHISE OWNER AT SPORTSPLEX IN CLIFTON PARK

350.2966

TOP FORM CERTIFIED PROFESSIONAL TRAINERS:

JOSH RIVERS

NICOLE DEJULIO

CHRIS FAULKNER

MATT SMITH

MEAGHAN GOSH

CRAIG FORTH

AMANDA CARY

TOP FORM, INC. CORPORATE HEADQUARTERS



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,
CALL US AT 518.477-2700
OR VISIT WWW.TOPFORM.US

TOP FORM, INC.

81 MILLER ROAD
CASTLETON, NY 12033
518.477.2700
WWW.TOPFORM.US

YOUTH PERFORMANCE SERIES

BY
TOP FORM, INC.



JUMP HIGHER,
RUN FASTER, GAIN CONFIDENCE,
IMPROVE PERFORMANCE,
BE MORE INJURY RESILIENT!

DEDICATED TO PROVIDING THE
HIGHEST QUALITY MEDICAL AND FITNESS

TOP FORM, INC.

