

Now Two LOCATIONS!



DIRECTIONS

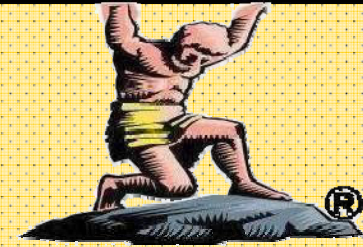
- ▶ THE *TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER IN CASTLETON* IS LOCATED JUST OFF EXIT 10 ON I-90. HEADING EAST, MAKE A RIGHT OFF THE RAMP AND WE ARE .1 OF A MILE ON THE RIGHT. HEADING WEST, TAKE A LEFT AT THE END OF THE RAMP, GO .2 OF A MILE AND WE ARE ON THE RIGHT.
- ▶ *TOP FORM INC AT SPORTPLEX* CLIFTON PARK EXIT 9 OF NORTHWAY TAKE ROUTE 9 SOUTH ONE MILE TO RIGHT ON CORPORATE DRIVE, SPORTPLEX ON LEFT 6 CORPORATE DRIVE. 928-8866
- ▶ FOR MORE INFORMATION ABOUT ANY OF OUR PROGRAMS, CALL US AT 518.477.2700

81 MILLER ROAD, SUITE 100
CASTLETON, NY 12033
518.477.2700
WWW.TOPFORM.US

TOP FORM, INC.

**REHABILITATIVE
MASSAGE
By:**

TOP FORM, INC.



**CERTIFIED ATHLETIC
TRAINERS**

**DEDICATED TO PROVIDING THE
HIGHEST QUALITY
MEDICAL SERVICES**



MASSAGE STAFF

- ▶ **CHRIS MELE, MS, ATC, CSCS, NSCA-CPT**

VICE PRESIDENT OF SPORTS MEDICINE SERVICES, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, CERTIFIED PERSONAL TRAINER, CERTIFIED USA OLYMPIC WEIGHT-LIFTING CLUB COACH

- ▶ **DAWN MELE, MS, ATC, CSCS**

VICE PRESIDENT OF EDUCATIONAL SERVICES, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST



PROGRAM

REHABILITATIVE MASSAGE IS A GREAT WAY TO BEGIN AND / OR END A TRAINING DAY OR TO JUST RELAX.

BEFORE A TRAINING SESSION, MASSAGE WARMS UP THE TARGETED MUSCULATURE AND BEGINS TO LOOSEN UP MUSCLES, LIGAMENTS, AND OTHER STRUCTURES TO PREPARE YOU FOR THE TRAINING AHEAD. IN ADDITION, MASSAGE HELPS INCREASE BLOOD FLOW TO THE TARGETED AREA, WHICH HELPS TO PROMOTE INJURY PREVENTION.

AFTER TRAINING, MASSAGE HELPS BEGIN THE HEALING AND REPAIR PROCESS. IT ALLOWS THE TISSUES AND STRUCTURES THAT WERE TARGETED TO RELAX. IT ALSO HELPS TO RID THE MUSCLES OF LACTIC ACID, WHICH IS A SUBSTANCE THAT BUILDS UP IN MUSCLES DURING EXERCISE THAT CAUSES YOU SORENESS FOR THE NEXT DAY OR TWO.

SO BEFORE YOU SCHEDULE YOUR NEXT FITNESS SESSION, SCHEDULE A MASSAGE FOR BEFORE AND / OR AFTER YOUR TRAINING SESSION!

TOP FORM, INC. PRICING

- ▶ 5 MINUTES: WARM-UP / COOL DOWN
\$10
- ▶ 10 MINUTES: WARM-UP / COOL DOWN
\$19
- ▶ 15 MINUTES TOTAL WARM-UP / COOL DOWN
\$27
- ▶ 30 MINUTES ULTIMATE WARM-UP / COOL DOWN
\$50
- ▶ BOOK OF 10-5 MINUTE MESSAGES
\$90
- ▶ MONTHLY MASSAGE RATE (IN CONJUNCTION WITH MONTHLY MEMBERSHIP) 8 X 5MIN EACH
\$75

* DEPENDING ON PREFERENCE, MASSAGE CAN BE TO CALVES, HAMSTRINGS, QUADS, SHOULDER, ELBOW, WRIST, & BACK FOR ANY LENGTH OF TIME.

CALL US TO SEE WHAT

TOP FORM, INC.

CAN DO FOR YOU!

▶ 518.477.2700