

# 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  
CASTLETON, NY 12033  
518.477.2700  
WWW.TOPFORM.US

**TOP FORM, INC.**

**TEAM  
TRAINING  
SERIES  
BY**

**TOP FORM, INC.**



**DEDICATED TO PROVIDING THE  
HIGHEST QUALITY  
MEDICAL AND FITNESS  
SERVICES TO YOUNG AND OLD!**

- ▶ **JUMP HIGHER, RUN FASTER,  
GAIN CONFIDENCE, IMPROVE  
PERFORMANCE, AND BE MORE  
INJURY RESILIENT!**
- ▶ **JOIN *TOP FORM, INC.'S*  
TRADEMARKED MENTAL AND  
PHYSICAL PERFORMANCE  
TRAINING THAT IS UNLIKE  
ANYTHING ELSE AVAILABLE!**

# PROGRAMS

**T**OP FORM, INC. PERFORMANCE AND EDUCATION CENTER IN CASTLETON IS PROUD TO PRESENT TOP FORM, INC.'S TRAINING PROGRAM THAT PROVIDES ATHLETES (AGES 12 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:



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

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 (SHOWN BELOW).



# TEAM BENEFITS

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



## ▶ TOP FORM, INC. GROUP TRAINING:

- ⇒ CREATE A GROUP OF SIX OR MORE PEOPLE, DESIGNATE A SPECIFIC TIME TO MEET AND SAVE 40%!
- ⇒ \$15/PERSON/SESSION FOR 10 TRAINING SESSIONS = \$150/PERSON
- ⇒ 20 TRAININGS: **\$300 PER PERSON**
- ⇒ LARGER GROUPS CAN BE ACCOMMODATED BY APPOINTMENT WITH ADDITIONAL DISCOUNTS AVAILABLE

*"OUR GOAL IS PROVIDE YOUR TEAM WITH THE BEST CONCEPTS IN TRAINING AND APPLY THEM TO THEIR SPORT"*

- RON ANNIS, OWNER, TOP FORM, INC.

*"I WOULD DEFINITELY RECOMMEND THIS PROGRAM! I HAD VERY LIMITED NATURAL ABILITIES, THIS PROGRAM BROUGHT MY GAME TO THE POINT WHERE I AM NOW PLAYING AT THE UNIVERSITY AT TAMPA!"*

- CHRIS ROSENBAUM

*"I WOULD DEFINITELY RECOMMEND TOP FORM TRAINING,. IT HAS TAKEN MY GAME TO THE NEXT LEVEL AT UNION COLLEGE, WHERE I AM RANKED 15TH ALL-TIME IN NCAA DIVISION III CAREER RUSHING YARDS."*

- TOM ARCDIACONO



# 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 MARKETING, MBA UPSALLA UNIV., SWEDEN

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

**CHRISTOPHER MELE**, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, CERTIFIED PERSONAL TRAINER, LEVEL ONE OLYMPIC WEIGHTLIFTING DEVELOPMENT COACH

**DAWN MELE**, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

CALL US TO SEE WHAT

**TOP FORM, INC.**

CAN DO FOR YOU!

▶ 518.477.2700