



Sports Enhancement Training

Access Health Building
1 Hampton Road, Suite 106
Exeter, NH 03833
(603) 778-4890

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www.accessacceleration.com

FIT CLUB SMALL GROUP TRAINING



Small Group Training

AM BOOT CAMP

- Metabolic Conditioning
- High Intensity Interval Training
- Body Weight Exercises
- Plyometrics
- Accountability
- Team Building
- FUN!!!!!!

CIRCUIT CLASS

- Low Impact
- Circuit Training
- Resistance Training
- Increase Flexibility and Coordination
- Fun and Interactive Stations
- For all levels: Beginner, Intermediate, Advanced, Post Rehab

TRAIN FOR THE GAME AT ACCELERATION!



TRAINING 2012

MONTHLY

All Programs Are Conducted at Access Acceleration, 1 Hampton Rd, Exeter, NH 03833

SMALL GROUP FIT CLUB-GOLD PACKAGE

Select 1,2,or 3 days per week of either BOOT CAMP or CIRCUIT TRAINING

	1 Month	3 Months
1 day per week (\$15)	\$60.00 per month	
2 days per week (\$13)	\$99.00 per month	
3 days per week (\$10)	\$120.00 per month	\$99.00 per month

SMALL GROUP FIT CLUB-PLATINUM PACKAGE

ALL INCLUSIVE: All classes unlimited participation

CLASS	DAYS	TIMES				
AM BOOT CAMP	M,W,F	6AM-7AM				
AM CIRCUIT CLASS	M,W,F	9AM-10AM				
PM CIRCUIT CLASS	T/TH	7PM-8PM				
FIT BACK CORE CLASS	T/TH	6PM-7PM	OCT.	DEC.	FEB.	APR.
ADULT SPORT SPECIFIC TRAINING	T/TH	6PM-7PM	NOV.	JAN.	MAR.	MAY

1 MONTH	3 MONTHS
\$199 PER MONTH	\$175.00 PER MONTH



Small Group Training

		Date of Birth:			Sex:	
Client's Name:						
Address:						
City:		Email:		State:	Zip:	
Phone:						
Payment Method:	VISA	MasterCard	Check	Card #:	Exp Date:	
Name on Card:			Email Address:			
Signature :						