

Summer 2014



1 Hampton Rd
Exeter, NH 03833
603-778-4890

Beginner Strength & Conditioning

June 23rd to August 14th



Beginner Strength & Conditioning with Lauren Bruce, ATC

Developed to teach younger athletes how to begin a training routine. Athletes in this class will learn the proper biomechanics to begin training. Training movement patterns at a young age is crucial for setting up a solid foundation for any athlete. Body weight movements, light resistance training, balance and flexibility will all be reviewed in this fun class with proven results!

Monday and Wednesday 10:30-11:30am

\$99/month Unlimited Classes! \$15Drop-ins

Call 603-778-4890 or email cfavara@accessacceleration.com
Pre-registration is recommended as space is limited!



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2014 Summer Programs!

June 23rd to August 14th

Elite Strength & Conditioning with Craig Favara

For athletes of any sport looking to improve their performance.

Monday - Thursday 7:00-8:30am 11:30-1:00am 3:00-5:00pm
\$275/month (unlimited classes) \$25 Drop-ins

Explosive Speed/Movements with Dan Randlett

Designed by UNH Track & Field Coach Dan Randlett, this program will help you become more explosive and gain speed in all movements.

Tuesday and Thursday 10:30-11:30am \$120/month (unlimited classes) \$20 Drop-ins

Beginner Strength & Conditioning with Lauren Bruce

Our beginner program is designed to help teach younger athletes how to begin a training program. Athletes will learn proper biomechanics to help build a solid foundation for fitness training.

Monday and Wednesday 10:30-11:30am \$99/month (unlimited classes) \$15 Drop-ins

Program:

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|------------------------------|--|--|--|-----------|--|-----------------------------|--|------|--|
| Athlete's Name: | | | | | | Date of Birth: | | Sex: | |
| Parent's Name: | | | | Sport(s): | | | | | |
| Address: | | | | | | | | | |
| City: | | | | | | | | | |
| Phone: | | | | State: | | Zip: | | | |
| Payment Method | | | | | | VISA Master Card Check Cash | | | |
| Name on Card: | | | | Card #: | | Expires: | | | |
| Signature of Parent/Guardian | | | | x | | Parent's Email Address: | | | |

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