

Summer 2014



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

# Explosive Speed & Movement

## June 23rd to August 14th



### Explosive Speed & Movement with Dan Randlett, MAT

Designed by UNH Track & Field coach and renowned running expert Dan Randlett, MAT. This class is an athletically based class that focuses on becoming a more explosive and improving speed in all movements. Great for all sports and improved general fitness. We will perform explosive and powerful movements through multiple patterns and directions. The teaching will focus on proper body mechanics to better use energy production to run faster, jump high and improve overall movement speed.

Tuesday and Thursday      10:30-11:30am

\$120/month (unlimited classes) \$20 Drop-ins

**Call 603-778-4890 or email [cfavara@accessacceleration.com](mailto: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:

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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