

TOP FORM, INC.



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.
- ▶ FOR MORE INFORMATION ABOUT ANY OF OUR PROGRAMS, CALL US AT 518.477.2700

TOP FORM, INC.



PROUDLY SPONSORED BY:

TOP FORM, INC.
81 MILLER ROAD
CASTLETON, NY 12033
518.477.2700
WWW.TOPFORM.US

ADULT PERSONAL TRAINING BY TOP FORM, INC.



**DEDICATED TO PROVIDING THE
HIGHEST QUALITY
MEDICAL AND FITNESS
SERVICES TO YOUNG & MATURE**

LET THE STAFF AT
TOP FORM, INC. MAKE YOUR
TRAINING EXPERIENCE:

- ▶ FUN
- ▶ PROGRESSIVE
- ▶ FOCUSED
- ▶ GOAL-ORIENTED
- ▶ EDUCATIONAL
- ▶ EMPOWERING
- ▶ LIFE-CHANGING

PERSONAL TRAINING

VISIT OUR NEW PERFORMANCE AND EDUCATION CENTER IN CASTLETON!

TOP FORM, INC. WILL TRAIN YOU LIKE YOU HAVE NEVER BEEN TRAINED BEFORE! MANY GYMS OVERLOOK PERSONAL TRAINING OR DO NOT PROVIDE THE FOCUSED, UNIQUE EXPERIENCE THAT PERSONAL AND SMALL GROUP TRAINING CAN OFFER.



OUR TRAINERS WILL NOT ONLY DEVELOPED PERSONALIZED PROGRAMS, BUT 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!

PROGRAMS



PROGRAMS WILL CONTINUE TO DEVELOP AND CHANGE AS YOU DO! OUR TRAINING IS BASED ON EDUCATION, EMPOWERMENT, AND FUN!



AT THE **TOP FORM, INC.** PERFORMANCE AND EDUCATION CENTER, INDIVIDUALS WILL BE TRAINED PERSONALLY OR IN SMALL GROUP SETTINGS OF FOUR PEOPLE OR LESS, WITH EACH INDIVIDUAL WORKING ON THEIR PERSONAL PROGRAM DESIGNED TO MEET YOUR GOALS.

TYPICAL PERSONAL TRAINING SESSIONS CHARGE \$80 PER SESSION AND ONLY DELIVER HALF OF WHAT **TOP FORM, INC.** CAN! COMPARE OUR PRICES ON THE BACK OF THIS BROCHURE AND STOP IN TO GIVE US THE CHANCE TO CHANGE **YOUR LIFE!**

TOP FORM, INC.

PERSONAL PERFORMANCE PROGRAMS

▶ MONTHLY MEMBERSHIP:

⇒ REQUIRES 3-MONTH COMMITMENT FOR THIS PRICE AND INCLUDES UP TO TWO SESSIONS PER WEEK: **\$295/MONTH**

▶ ONE-ON-ONE PERSONAL PRIVATE TRAINING:

⇒ ***Become Top Formed!*** YEARLY PROGRAM (\$16.80/visits) FOR 2 VISITS/WEEK. ONE PAYMENT/NO HASSLE!

▶ TOP FORM PROGRAMS:

⇒ BOOK OF 10 TRAININGS: **\$495**

⇒ MOST POPULAR: 50 VISITS **\$1250 (\$25 \$/SESSION)**

▶ PERSONAL IN-HOME TRAINING:

⇒ INCLUDES A COMPLETE PERSONAL AND HOME EVALUATION FOR PROGRAMMING AND DEVELOPMENT OF A "PERSONAL PLAN OF ACTION": **\$625 FOR SIX VISITS**

▶ GROUP TRAINING

⇒ *DEVELOP A "SMALL GROUP" OF 4 OR MORE, DESIGNATE A SPECIFIC TIME TO MEET AND SAVE!* **CALL WE HAVE SEVERAL GROUPS GOING, YOU CAN JUMP RIGHT IN!**

⇒ 10 SESSIONS: **\$250 PER PERSON, A GREAT DEAL!**

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 HEALTH & WEIGHT LOSS MBA UPSALA UNIV., SWEDEN

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

MICHAEL REEVES, FRANCHISE OWNER SPORTSPLEX OF HALFMOON.

TOP FORM CERTIFIED STAFF:

JOSH RIVERS
CHRIS FAULKNER
CRAIG FORTH
MATT SMITH
NICOLE DEJULIO
ADAM ROZNIIEWSKI
AMANDA CARY

CALL US TO SEE WHAT

TOP FORM, INC.

CAN DO FOR YOU!

▶ **518.477.2700**