

## TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER AT SPORTSPLEX

IS PROUD TO PRESENT *TOP FORM, INC.'S* TRAINING PROGRAM THAT PROVIDES ATHLETES (AGES 10 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.

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.

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



### MONTHLY MEMBERSHIP:

- ▶ **\$675** FOR 5 MONTHS OF ATHLETIC PERFORMANCE TRAINING. MUST BE USED WITHIN 10 MONTHS. 2X/WEEK TOTAL OF 40 VISITS
- ▶ **\$450** FOR 3 MONTHS OF ATHLETIC PERFORMANCE TRAINING. MUST BE USED WITHIN 6 MONTHS. 2X/WEEK FOR TOTAL OF 24 VISITS

### TOP FORM, INC. TRYOUT:

- ▶ ATHLETES' STRENGTHS AND CHALLENGES ARE ASSESSED BY A CERTIFIED PROFESSIONAL, WHO CREATES AN INDIVIDUALIZED PROGRAM WITH GOALS AND PROGRESSIONS
- ▶ 20 TRAININGS: **\$500** TO BE USED WITHIN 6 MONTHS.

### TOP FORM, INC. MINI CAMP:

- ▶ SAME AS TRYOUT ONLY 10 SESSIONS, **\$275** TO BE USED WITHIN 3 MONTHS.

### TOP FORM, INC. GROUP TRAINING:

- ▶ CREATE A GROUP OF SIX OR MORE PEOPLE, DESIGNATE A SPECIFIC TIME TO MEET TWICE PER WEEK, AND **SAVE 20%!**
- ▶ 10/20 TRAININGS: **\$200/385 PER PERSON** LARGER GROUPS CAN BE ACCOMMODATED BY APPOINTMENT WITH ADDITIONAL DISCOUNTS

## TOP FORM INC

TOP FORM,

Ask about  
Specific pro-  
grams for:

-Mass/Size  
-Speed

[www.topform.us](http://www.topform.us)

JOIN *TOP FORM, INC.'S* TRADEMARKED MENTAL AND PHYSICAL PERFORMANCE TRAINING THAT IS UNLIKE ANY OTHER!

### TRAINING PROGRAMS:

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



CALL AND SEE WHAT

**TOP FORM, INC.**  
CAN DO FOR YOU!  
**518.477-2700**

# 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

**MIKE REEVES**, **BS TOP FORM INC.**

FRANCHISE OWNER AT SPORTSPLEX IN CLIFTON PARK

**350.2966**

*TOP FORM CERTIFIED PROFESSIONAL TRAINERS:*

JOSH RIVERS

NICOLE DEJULIO

CHRIS FAULKNER

MATT SMITH

MEAGHAN GOSH

CRAIG FORTH

AMANDA CARY

# TOP FORM, INC. CORPORATE HEADQUARTERS



## 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,  
CALL US AT 518.477-2700  
OR VISIT [WWW.TOPFORM.US](http://WWW.TOPFORM.US)

# TOP FORM, INC.

81 MILLER ROAD  
CASTLETON, NY 12033  
518.477.2700  
[WWW.TOPFORM.US](http://WWW.TOPFORM.US)

# YOUTH PERFORMANCE SERIES

BY  
TOP FORM, INC.



JUMP HIGHER,  
RUN FASTER, GAIN CONFIDENCE,  
IMPROVE PERFORMANCE,  
BE MORE INJURY RESILIENT!

DEDICATED TO PROVIDING THE  
HIGHEST QUALITY MEDICAL AND FITNESS

TOP FORM, INC.

