

Summer 2014



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

# Elite Strength & Conditioning

## June 23rd to August 14th



## Elite Strength & Conditioning with Craig Favara, CPT

Take your strength & conditioning to the next level with Craig Favara, CPT. This regimen is specifically designed for athletes of all sports looking to improve their game. Each athlete will be given specific movements designed to improve performance in their sport. This class will focus on resistance training and agility based drills and will give athletes a better understanding of how to properly execute Olympic lifts and reduce the likelihood of injury to obtain maximum results.

Monday - Thursday

7:00-8:30am    11:30-1:00am    3:00-5:00pm

\$275/month (unlimited classes)\$25 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:**

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

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