

Access Acceleration Sports Enhancement Training
Www.AccessAcceleration.Com

SUMMER '11

"Train For Your Game"

ELITE COLLEGE STRENGTH & CONDITIONING

ELITE PROGRAM

- **1.5 Hours** of Training, **5 Days** per Week (Mon-Fri)
- Select 4, 8, or 12 Week Sessions
- **Times: 7:00-8:30am(Starting 6/27) or 6:30-8:00pm(Starting 5/31; Mon-Thurs Only)**
- All ELITE Classes Are Limited To **9 Athletes**
- ELITE Programs Include Explosive Weight Training Exercises, Plyometrics, Dynamic and Static Flexibility, Heavy Band Resistance Running, Sidewinders, Vipers, Rocket Ropes For Overspeed, Olympic Lifting, And More!!
- Acceleration will work with your college summer program to make sure you meet your conditioning goals!!!!

Access Acceleration

Access Health Building
1 Hampton Road, Suite 106
Exeter, NH 03833

Karen Kay
Sports Performance Director

Phone: 603-778-4890

E-mail:

KarenKay@accessacceleration.com

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Sports Enhancement Training

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“Train For Your Game”

STARTING MAY 31, 2011
THRU AUGUST 26, 2011

Name: _____ Date of Birth: _____

Address: _____

Email Address: _____

Phone: (Home) _____ (Cell) _____

Emergency Contact: _____ Phone: _____

DAYS: (Starting 6/27) 7:00AM-8:30AM MON/TUE/WED/THU/FRI

(Starting 5/31) 6:30PM-8:00PM MON/TUE /WED/THUR

FEE OPTIONS: 4wks = \$240.00 8wks = \$480.00 12wks = \$720.00 OR \$20 Per Session

**PLEASE CIRCLE THE CORRECT OPTION AND ATTACH TO YOUR CHECK AND MAIL
OR YOU MAY CALL ACCESS ACCELERATION AT 778-4890 TO USE YOUR CREDIT CARD**

2011 PAYMENT PACKAGE: 2 Payment Option

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Sports Performance Director

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Only Available With Credit Card Payments

MASTERCARD OR VISA

1 Payment or 2 Payments (June 15th, and July 15th 2011)

Name on Card: _____

Credit Card #: _____

Expiration Date: _____

Signature: _____

*** Payments good toward summer sessions ONLY.**