



ATHLETIC PERFORMANCE CENTER OF EXETER HOSPITAL

STRENGTH & CONDITIONING SERVICES
for ATHLETES of EVERY AGE & SPORT.



40 Industrial Drive #1 - Exeter, NH - www.therimsports.com/apcenter

FOUNDATION PROGRAM

Our fundamental program which introduces young athletes of any sport to performance and injury prevention training while having a fun time! Sessions focus on:

- Sprint and Running Mechanics
- Jumping and Landing
- Deceleration and Change of Direction
- Reactive Agility
- Core Strengthening
- Whole Body Strengthening
- Fun and Competitive Challenges

March 21st-April 28th
Tuesday and Thursday
4:00-5:00pm
Ages 9-13

Only **\$169** per athlete.

Book Your Spot By Calling: (603) 583-5042
Space is limited.