



ATHLETIC PERFORMANCE CENTER OF EXETER HOSPITAL

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



40 Industrial Ave #1 Exeter, NH 603-583-5042 www.exeterhospital.com/apcenter

COMPLETE ATHLETE PROGRAM

Complete Athlete is an eight week strength and conditioning program designed for athletes of any sport from the ages of 13-18. Each 60 minute session implements strength training, jump training, and injury prevention training to improve athletic performance and reduce the risk of injury. Space is limited to 12 athletes per hour.

March 21st-May13th
Mon, Wed and Friday
4pm-5pm

COST

2x week: **\$229** per athlete.

3x week: **\$319** per athlete.

Book Your Spot By Calling: (603) 583-5042