

ABSOLUTE STRENGTH PERFORMANCE TRAINING

Adult Functional Fitness Program

Are you tired of being stuck in the same old routine and finding no results? Do you feel like you are not being challenged anymore and are looking for something new, exciting, and most of all something that will produce the results you want? This is what you have been waiting for: The University of Buffalo Recreation And Intramural Services in association with Absolute Strength Performance Training are proud to offer Adult Functional Fitness Programs.

Our Adult Program sessions are designed for active adults looking for a challenging training program. The Adult program is designed to actively challenge effort and coordination with 60 minute movement-based sessions. No two sessions are alike, and all are fun, fast-paced, and educational, which is unique compared to a traditional gym-based workout. The result is an increase in fitness as well as improved metabolism, body composition, and exercise technique. The program was designed by our professional staff and based on the same type of training our athletes receive tailored to your specific needs and goals. It is unlike what any other gyms have to offer.



****Training Sessions will be held at the University at Buffalo North campus contact for more information or refer to back of this flyer****

Our Training Programs provide:

- Increase in cardiovascular endurance leading to increase in VO2 Max and energy
- Improvement in overall health and wellness
- Increase in lean body mass, strength, and power
- Decrease body fat
- Improvement in muscular coordination, speed, agility, and flexibility
- Help prevent injury and increase joint mobility
- Development of core strength and stability
- Regeneration to aid in workout recovery to keep the body optimized for performance and tasks of daily living
- Nutritional consultation available to understand how to fuel and peak the body for performance and results
- And so much more.....

Whatever your goals our professional staff along with your hard work and dedication can help you reach them in record time. Regardless of your age, gender, or level of athleticism, this program will help you achieve the fitness goals you have always wanted. It will help you improve the quality of your life and help develop a body that is more efficient and also resistant to long-term health problems.

Each session will last approximately an hour. Training will consist of dynamic stretching and warm-up to prepare the body and increase flexibility, metabolic interval training in the weight room, core training, multi-directional and multi-joint strengthening, agility drills, conditioning drills, and plyometrics. Your workout will constantly change in order to provide the body with variety and to prevent plateaus as well as adaptation.

Questions regarding training or further information please contact: Ben Woods: 724-977-1322
bjwoods8@yahoo.com or Tom Corradino: 202-489-6846 tcorradino@hotmail.com or refer to back of this flyer

Adult Functional Fitness Packages

3 Sessions per week are offered in 3 different training splits to fit your schedule:

MON, WED, & FRI: 6:30am, 12:00pm, 5:00pm

TUES, THURS: 6:30am, 12:00pm, 5:00pm & SAT: 12:00pm, 4:00pm

Schedules can be tailored to individual needs; contact ASPT for more info

1 Month Package: \$299.00

- Up to 3 Training Sessions Per Week (each session is 60 mins in duration)
- Sessions include both strength and movement training
- Includes Functional/Movement Evaluation for each person
- Individualized Training Programs for every person
- Includes membership to University at Buffalo Recreation dept and services
 - Gym membership and access to amenities offered at alumni arena:
 - Use of pool, sauna, steam room, etc
- Nutritional Consultation available for additional \$99.00 per person

2 Month Package: \$549.00

- Up to 3 Training Sessions Per Week (each session is 60 mins in duration)
- Sessions include both strength and movement training
- Includes Functional/Movement Evaluation for each person
- Individualized Training Programs for every person
- Free Individual Ending Evaluation and Results Sheet
- Includes membership to University at Buffalo Recreation dept and services
 - Gym membership and access to amenities offered at alumni arena:
 - Use of pool, sauna, steam room, etc
- Nutritional Consultation available for additional \$99.00 per person

6 Month Package: \$1499.00

- Up to 3 Training Sessions Per Week (each session is 60 mins in duration)
- Sessions include both strength and movement training
- Includes Functional/Movement Evaluation for each person
- Individualized Training Programs for every person
- Free Individual Ending Evaluation and Results Sheet
- Includes membership to University at Buffalo Recreation dept and services
 - Gym membership and access to amenities offered at alumni arena:
 - Use of pool, sauna, steam room, etc.
- Free initial and final functional assessment
- Nutritional Consultation available for additional \$99.00 per person

Training Requirements: Each individual must be assessed prior to training

- Payment must be received prior to beginning of sessions upon assessment
- To set-up an appointment or for more information contact:
- Absolute Strength Performance Training:
 - Ben Woods: (724) 977-1322 bjwoods8@yahoo.com
 - Tom Corradino: (202) 489-6846 tcorradino@hotmail.com

**** Individual sessions are \$20.00 per session**

**** One-on-One training available for \$65.00 per session**