

# Sports Performance Training

Ensure your athlete's  
**CONFIDENCE**  
& success in their sport.  
Our training programs is  
designed to strengthen  
their core & enhance  
performance.

**S**trength

**P**ower

**O**ptimal Flexibility

**R**educe Injuries

**T**rain for Performance

**S**peed

**8 Sessions**  
**ONLY \$69**

**Train 2x per week**  
**1.5 hours per session**  
**Tues & Thurs Time:TBD**

**\$5.75**  
per  
session



16 Manor Parkway Salem, NH

603-893-8612 Fax: 603-898-6211

www.sac-nh.com

## Sports Performance Registration

---

---

Name: \_\_\_\_\_ Age: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Person to notify in case of emergency: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

2 Day Program: 1 Month / 3 Months

3 Day Program: 1 Month / 3 Months

### To be signed by Parent or Legal Guardian:

The above mentioned participant has my permission to participate in a workout program at Salem Athletic Club. To the best of my knowledge, the above mentioned person has no pre-existing conditions which would make participation in a workout program a health risk. Further, the above named person is physical-ly able to undertake participation in activities at the Salem Athletic Club.

In addition, I hereby release the Salem Athletic Club, together with its operators, agents, employees, consultants and advisors from any and all claims of injury or damage that may be sustained by the above mentioned person from use of the premises or equipment, or from practicing in the physical exercise of body conditioning of which the above mentioned person has subscribed. I represent hereby that the above mentioned person will not



## Donny Waldron Fitness Director

### Certifications:

Donny holds many certifications in personal training from National Associations.

- ACSM
- NSCA
- NASM
- ACEP Level I
- Pre/Post Natal Certified
- CPR/AED

### Background & Specialties:

- BS Exercise Physiologist with a minor in Athletic training coaching and holds a certificate in teaching Health Education.
- Donny has over 30 years of experience in the Fitness Industry and has worked with Professional & Collegiate Athletes.
- He currently resides in Windham, NH with his wife Patricia and their three children, Abigail, Broderick and Chloe.



## Danny Lynch Personal Trainer

- BS Health Science-Exercise
- CPR/AED

### Background & Specialties:

- Recent graduate of Keene State College with a BS Health Science-Exercise
- Specializes in Olympic Weight lifting, Powerlifting, Cross Training, Flexibility/Movement Training, and Core Training