

MEMBERSHIP

Become a TWIST Gold Member and train in as many classes as you want. Pick from our GOLD member menu or let us customize YOUR Unlimited training experience to help CRUSH your goals!

EVERYDAY ELITE

[ev-ree-dey-ih-leet] *noun, collective*

Fitness warriors of/ or relating to daily life; leaders by example; commanders of lifestyle; hard-working and unstoppable. The Everyday Elite can be found killing their workout before heading to the office, or getting in reps after their kids go to bed. Weekend warriors, working moms, rec league beauties; everyday hero's who show us who's boss!

Sample Menu

2 x COMPLETE | 1 x HIT & Recover | 1 x Spin-Core or MOVE | 1 x Yoga

TWIST BEAST

[twist-beest] *noun, formal*

Monsters of lifting; cravers of strength; permanent residents of the training floor; possessing motivation exceeding human comprehension; eat, sleep, TWIST. Twist Beasts can be found blowing minds at the training centre. Committed to their gains and destroying anything that gets in the way. Not for the faint of heart!

Sample Menu

2 x LIFT | 1 x COMPLETE | 1 x HIT & Recover | 1 x Yoga

SWEAT JUNKIE

[swet-juhng-kee] *noun, informal*

A person with compulsive devotion to conditioning; perspiration addict; obsessive dependency on max effort workouts; inclined to sweat their a** off. Sweat Junkies can be found crushing high intensity cardiovascular workouts, mastering their movement and conditioning, and most importantly, SWEATING. No excuses!

Sample Menu

2 x HIT & Recover | 1 x COMPLETE | 1 x Spin-Core | 1 x MOVE

Go for GOLD!



EXCLUSIVE SPRING GOLD MEMBER OFFER:

For Spring Adult Programs & Youth Athlete Development Programs

- 50% OFF your first month
- UNLIMITED access to all TWIST classes
- TWIST Gold Member Waterbottle
- 60 Minute 1-on-1 Assessment & Training Session (for clients new to TWIST)

*Offer available to clients new to the Gold Membership
Minimum 3 month commitment - Offer expires April 30, 2017