

# TWIST TRAINING

## ADULT SMALL GROUP TRAINING

### CLASS MENU

**FALL 2017 Sept 5- Dec 23 (16 Weeks) Opportunity is here, NOW! #SeethePossible**

Fall brings with it the end of summer, back to school and the shifting of schedules and sport seasons. It is the perfect time to hit the re-set on all of the lifestyle habits that can affect your physical and mental health and performance. Nutrition, sleep, exercise, and work-life balance all must be managed effectively. Now is the perfect time to re-set your goals, re-boot your health, and re-take control of your fitness and performance. Whether you are looking for coaching to improve how you feel, how you move, how you function, how you perform and/or how you eat, the Twist Team is here to help.

People who are considering a healthy change often end up procrastinating or become tentative because of the stereotypes of health clubs and the fitness industry. TWIST is not like most other gyms or fitness centres. **BREAK FREE NOW** from the stereotypical gym and the stereotypical work out. Now is your chance to turn the obstacles, roadblocks and excuses that typically set you back into an opportunity. Let the TWIST coaches help you turn your setback into a comeback with TWIST adult fitness and conditioning classes, Personal Training and Holistic nutrition and Lifestyle Coaching. We also have an amazing in-house rehabilitation team with our partners **Elite Sports Medicine & Conditioning** to help with all of your Athletic Therapy, Physiotherapy and Massage Therapy needs.

- **NEW to TWIST?** Book your complimentary 1-on-1 FXNL Assessment & Holistic Nutrition Consultation! Register before September 30, get your first **2 weeks FREE!**
- **Returning TWIST Athletes:** Register & pay by Sept 30 and **save up to \$50** off your FALL registration!
- **Go for GOLD!** Register for a **TWIST GOLD (UNLIMITED)** package and save up to 60% per session!
- **MONTHLY PAYMENTS:** Balance your body and your budget; ask about monthly payment options!
- **TWIST FAMILY TRAINING:** 10% off when 2 family members are registered in adult and/or youth development programs; **50% off for 3 or more**

#### SEASONAL FALL ADULT FITNESS & CONDITIONING PROGRAM RATES (16 weeks)

SESSIONS	/SESSION X60min	Total	MONTHLY RATE	/SESSION X 75 Min	Total	MONTHLY RATE
1x/wk	25	400	100/month	30	480	120/month
2x/wk	20	640	165/month	25	800	200/month
UNLIMITED GOLD*	< 18/	864	216/month	<18/	864	216/month
UNLIMITED GOLD* ANNUAL	<16/	-	195/month	<16/	-	195/month

*\*Not Including HST. Rates will be prorated for Stat holidays, vacations and late start dates*

#### COMPLETE CONDITIONING



Our most complete training class on the menu. Twist Coaches will lead you through all aspects of the Twist Methods paradigm including balance, movement, strength, conditioning, core & mobility. Twist Complete is designed to improve your overall fitness, meet your athletic goals and create a body that works and functions effectively for the daily demands of life.

#### HIGH INTENSITY



With Twist HIT (High Intensity Training) the Twist Coaches will challenge your mental and physical capacity. Twist HIT is an Earn-Every-Rep Session, where you will be leaving everything out on the floor. This program uses a blend of whole-body strength, multi-directional movement and dynamic balance, challenging your energy systems and muscular endurance while maximizing caloric output.



Twist HIT & RECOVER provides the best of both worlds. Get after it for 45 minutes of high intensity training and then nourish and heal your body with 30 minutes of myofascial release, trigger point and flexibility.

#### SPECIALTY



If you want to sweat, you have to MOVE! TWIST MOVE is all about moving better, moving faster and moving efficiently. This program will challenge different energy systems, different movement patterns, and a different way of training your endurance, increasing your energy and improving your fitness and performance.



**TWIST LIFT** is for people who "like to lift stuff". We will focus on developing full-body strength & power through a Twist Linked System focus & work towards more advanced Lifting progressions. Coaches will guide you through the proper steps & mechanics to ensure you perform your lifts safely & efficiently, challenge your physical & psychological limits and maximize your GAINS!

#### HOLISTIC NUTRITION

##### TWIST TOTAL NUTRITION

We believe training is only part of the solution to improving your strength & conditioning, and maximizing your performance in your sport and your life. The Twist Total Nutrition Program is designed to help you learn, understand and apply a more comprehensive approach to eating that helps support the demands of your sport, your training program and whatever challenges life throws at you. We explore not only the food you need to fuel performance but also what specific nutrients you need to function at an optimal level. Are you really committed to your Nutrition? Set up a complimentary consultation with Tina or ask about Holistic Nutrition programs and nutrition coaching today and **#FeedYourReady**

Please see Adult Facility schedule for detailed class times and groups!