

TWIST TRAINING

ADULT SMALL GROUP TRAINING

CLASS MENU

WINTER 2018 Jan 8 – April 7 (13 Weeks) #ChooseNow

Happy New Year! What will you do in 2018 to improve your health, fitness and performance? Now 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. 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.

The greatest power you have is not what you lift, how fast you can move or how hard you can push. The greatest power you have is choice. TWIST is not like most gyms or fitness centres. Let the TWIST coaches help you turn your setback into a comeback with TWIST adult fitness and conditioning classes, Personal Training, 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. Choose opportunity. Choose Health. #ChooseNow

- **NEW to TWIST?** Book a complimentary 1-on-1 FXNL Assessment & Holistic Nutrition Consultation! Register before January 19th & get your first **2 weeks FREE!**
- **Returning TWIST Athletes:** Register & pay by Dec 31 and **save up to \$50** off your WINTER registration!
- **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**

Go UNLIMITED!: Register for a **TWIST UNLIMITED** package and save up to 60% per session: **BRONZE UNLIMITED** Classes Only \$225/month

SILVER UNLIMITED BUNDLE UNLIMITED Classes + 1 Personal Training Session per month Only \$275/month

GOLD UNLIMITED Bundle + 1 Personal Training Session per month + Monthly Holistic Nutrition Coaching Session Only \$350/month

SEASONAL WINTER ADULT FITNESS & CONDITIONING PROGRAM RATES (13 weeks)

SESSIONS	/SESSION X60min	MONTHLY RATE	/SESSION X 75 Min	MONTHLY RATE
1x/wk	25	100/month	30	120/month
2x/wk	20	165/month	25	200/month
UNLIMITED	< 18/	225/month	<18/	225/month
UNLIMITED ANNUAL	<16/	195/month	<16/	195/month

BE READY™

**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 strength & overall mobility and stability. 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.



Working hard is great but recovery is where the adaptation happens so that you can get better. Twist HIT & RECOVER provides the best of both worlds. With Twist HIT (High Intensity Training) the Twist Coaches will challenge your mental and physical capacity. Get after it for 45-50 minutes of high intensity training and then nourish and heal your body with 25-30 minutes of mobility/stability work, self-myofascial release, and overall flexibility focus.

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 help develop proper movement patterns, challenge different energy systems, and teach you a different way of training your endurance, increasing your energy and improving your fitness and performance. Get off the Elliptical and MOVE!



TWIST LIFT is for people who "like to lift stuff". If you want to get stronger, you must overload your muscular system. 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!

Customize Your Training!

Create your own custom group, corporate group or team training, or book a complimentary or partner session with a TWIST coach to help customize your schedule and your training needs.

HOLISTIC NUTRITION

TWIST HOLISTIC 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. Twist Holistic Nutrition 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**