

## ADULT FITNESS PROGRAMS

<b>COMPLETE</b>	<b>COMPLETE</b> is an athletic-oriented, high energy workout that builds functional strength, movement skills, balance and coordination, leaving you feeling energized, motivated, and ready to take on life. This program is custom-made for active adults of any age or fitness level, who want to be fit and lean but also mobile and injury-free. It uses Twist's <i>NEW</i> "Always in Motion" training methods that will keep you moving and engaged throughout the whole class.
<b>H.I.I.T.</b>	Challenge your physical and mental capacity with TWIST HIT! Twist's <b>High-Intensity Interval Training</b> program is designed for those looking for that weekly "earn-every-rep" session, where you know you're leaving everything out on the floor. Using Twist Smart Muscle Training methods, this program uses a blend of whole-body strength exercises, multi-directional movement drills, and dynamic balance challenges to amplify your caloric output and challenge your energy systems and muscular endurance in a completely new way. This class will skyrocket your metabolism, burn belly fat, build lean muscle, and get you into the best shape of your life.
<b>CORE + Recover</b>	In sport and fitness, you are only as strong as your weakest link. For most people this is the core, which includes the abdominals, low back, and hip musculature. We need to build strength from the centre of the body out. <b>CORE</b> focuses on developing stability, strength, endurance and rotational power in the abs, hips, lower back and glutes with challenging and dynamic drills. Train from the inside out in this low impact workout that builds full-body functional strength. We will then take you through a series of functional mobility patterns, stretches, and self-massage techniques designed to unlock and unleash your body's movement potential, and to ensure that your body remains balanced, mobile, free to move, and safe from injury.
<b>MOVE + Recover</b>	Twist <b>MOVE</b> challenges both your aerobic and anaerobic energy systems. Twist coaches will lead you through multidirectional movements, sprints, and interval training. Twist MOVE is designed for adults looking to increase their endurance and energy, to help them Be Ready for whatever their sport or life throws at them! We will then take you through a series of functional mobility patterns, stretches, and self-massage techniques designed to unlock and unleash your body's movement potential, and to ensure that your body remains balanced, mobile, free to move, and safe from injury.

### COSTS:

(Based on 3-Month Prepaid Memberships)

**3-Month Membership:** @2x/week: **\$179/month** | @3x/week: **\$209/month** | @U/L: **\$229/month**  
**6-Month Membership:** @2x/week: **\$169/month** | @3x/week: **\$199/month** | @U/L: **\$219/month**  
**12-Month Membership:** @2x/week: **\$159/month** | @3x/week: **\$189/month** | @U/L: **\$209/month**

**\*\*Monthly Payment Options Are Available\*\***

### SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:15am	COMPLETE		COMPLETE		HIT	
6:45-8:00am		COMPLETE		COMPLETE		
8:00-9:15am						COMPLETE
9:30-10:45am	COMPLETE		COMPLETE			COMPLETE
5:30-6:45pm	COMPLETE		COMPLETE			
6:00-7:15pm		MOVE + Recover		CORE + Recover		
7:00-8:15pm	COMPLETE		COMPLETE			