

— MAY 1 - 30 —

TWIST
PERFORMANCE
+ WELLNESS

30 DAY WELLNESS CHALLENGE

#TWIST30DayChallenge

*BE ACTIVE
FEEL GREAT
LIVE WELL
REPEAT*

ARE YOU READY FOR THE CHALLENGE?

POINTS

- 10** = Wellness Professional Consult (Naturopath, Nutritionist, etc)
- 5** = TWIST Workout
- 3** = Non-TWIST Workout
- 3** = Social Media Post w/ TWIST tag, photo & #TWIST30DayChallenge
- 1** = Sporting Event
- 1** = Facebook Check-in at TWIST

+ Bring a Friend to a TWIST Workout & Receive **5** Bonus Points

PRIZES

- 1) 12 Pack of Personal Training \$960
- 2) 2 Month Gold Membership \$550
- 3) 30 Day Standard Peak Performance Nutrition Package \$445
- 4) Corporate or Team Workout \$300
- 5) TWIST Apparel Package \$150

+ Weekly draw prizes and leaderboard

**CONTACT YOUR LOCAL
TWIST PERFORMANCE + WELLNESS TO ENTER**

— WWW.TWISTPERFORMANCE.COM —