



TWIST
PERFORMANCE
+ WELLNESS

HIGH PERFORMANCE FAST CAMP

FIELD ATHLETE SPEED + STRENGTH TRAINING

JULY 2 - AUG 10

MONDAYS + THURSDAYS

Seylynn Park | 10:30AM - 11:45AM

On-Field Speed Days

TUESDAYS + FRIDAYS

TWIST | 11:00AM - 12:15PM

Strength & Power Days

\$80/WEEK

www.twistperformance.com

12-1225 East Keith Road

North Vancouver, BC | V7J 1J3 | 604-904-6556