

October 1st – November 3rd

Welcome to TWIST Performance + Wellness' 2018 Adult Conditioning Programs. At TWIST Performance **EVERYONE** is an athlete! The TWIST team of coaches will bring out the athlete in you, help you reach your goals and make you functionally fit for sport and everyday activities. Become YOUR best at TWIST!

<p>STRENGTH</p>	<p>Our most complete training class on the menu! TWIST Coaches will lead you through all aspects of the TWIST method paradigm including balance, movement, strength, conditioning, core & mobility. TWIST Strength 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!</p>
<p>METABOLIC</p>	<p>With our Metabolic class the TWIST Coaches will challenge your mental and physical capacity. TWIST Metabolic 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.</p>
<p>CORE + MOBILITY</p>	<p>TWIST Core focuses on developing stability, strength, endurance and rotational power in abdominals, hips, lower back, and glutes using dynamic, challenging drills. Train from the inside out during this part of the workout to build full-body functional strength. The Mobility section of the class will nourish and heal the body. TWIST coaches will take you through a variety of functional stretches, trigger point therapy movements as well as myofascial releases. This portion of the session will help to ensure you are taking the time to balance your body.</p>

Sessions are 60 minutes in length.

ADULT SMALL GROUP TRAINING

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:00am		METABOLIC			STRENGTH	STRENGTH + METABOLIC
9:30am – 10:30am	STRENGTH		CORE + MOBILITY	METABOLIC		
6:00pm – 7:00pm			STRENGTH			
7:00pm – 8:00pm	STRENGTH	METABOLIC		CORE + MOBILITY		

Experience The TWIST Difference!

