

**September 4<sup>th</sup> – March 31<sup>st</sup>**

Welcome to TWIST Performance + Wellness' 2018 Youth 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!

**ATHLETE COMPLETE  
DEVELOPMENT**

The development of any youth athlete is a continuous process from the first time they participate in sport to the time they have matured both physically and mentally. Through this process, you want to continue to build the qualities that will help them excel in their sport of choice. This class will improve their balance, joint stability, core control and strength while simultaneously developing their speed, agility and quickness through skill execution and movement efficiency. It all starts in the brain, and building a strong neuromuscular foundation is key. This program structured to build more effective & safe athletes in order to further their sporting endeavours.

**HIGH PERFORMANCE  
TRAINING**

Our HPT programs are a great way to gain a competitive edge. Built around the TWIST methodology, a functional training paradigm designed to increase strength, power, speed, agility, quickness, coordination and balance rapidly with fewer injuries. Be ready for next season THIS season with HPT.  
\*Please note special pricing for HPT due to 90 min classes.

**TWIST Performance + Wellness** | 11160 Yonge St. | Richmond Hill, ON | L4S 1H5  
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# ATHLETE DEVELOPMENT PROGRAMS

SEPTEMBER 4th TO MARCH 31<sup>ST</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am – 11:30am						<b>HIGH PERFORMANCE TRAINING</b>
5:30pm – 7:00pm	<b>HIGH PERFORMANCE TRAINING</b>					
6:00pm – 7:00pm		<b>ATHLETE COMPLETE DEVELOPMENT</b>		<b>ATHLETE COMPLETE DEVELOPMENT</b>		
6:00pm to 7:30pm				<b>HIGH PERFORMANCE TRAINING</b>		
6:30pm – 8:00pm			<b>HIGH PERFORMANCE TRAINING</b>			

**Experience The TWIST Difference!**