



**THERE ARE
NO LIMITS
TO WHAT YOU CAN
ACHIEVE**

SEPTEMBER 4 - DECEMBER 30

SPEED, STRENGTH + ATHLETICISM (S²A)

**MONDAY - THURSDAY 4:30PM - 5:30PM
SATURDAY AT 12PM**

TWIST'S S²A program will increase speed, build strength and create the necessary foundation of athleticism to help athletes of all sports ACHIEVE more than they ever thought they could in both sport and life.

TWIST
PERFORMANCE
+ WELLNESS

www.twistperformance.com

Vancouver | North Vancouver | Port Coquitlam | Burlington | Whitby | Richmond Hill | Mississauga | Portland | Japan