

TWIST TRAINING

ADULT SMALL GROUP TRAINING

CLASS MENU

WINTER 2019 Jan 7 – April 7 (13 Weeks) #PlayBetter

We all love to play and we all need to play a little more, to get up, get out and have fun. What will you do in 2019 to improve your health, fitness and performance? Now is the perfect time to hit the re-set on all of the lifestyle habits that can affect your physical and mental health and performance. Nutrition, sleep, exercise, and work-life balance all must be managed effectively. Re-set your goals, re-boot your health, and re-take control of your fitness and performance. Whether you are looking for coaching to improve how you feel, how you move, how you function, how you perform and/or how you eat, the **TWIST** Team is here to help you get up, get out and play. In 2019 don't just play, **PLAY BETTER!**

The greatest power you have is not what you lift, how fast you can move or how hard you can push. The greatest power you have is choice. **TWIST** is more than a gym, it is a place to **MOVE**, a place to **LIFT** and a place to **LEARN**. Let the **TWIST** coaches guide you with **TWIST Adult Fitness & Conditioning classes, Personal Training, Holistic Nutrition and Lifestyle Coaching with Tina R. Ward**. We also have an amazing in-house rehabilitation team with our partners **Elite Sports Medicine & Conditioning** to help with all of your **Athletic Therapy, Physiotherapy and Massage Therapy** needs. **#PlayBetter**

Go UNLIMITED!: Register for a **TWIST UNLIMITED** package and save up to 60% per session: **BE READY™**

1x/week
13 Weeks \$325
\$99/month

2x/week
13 Weeks \$585
\$180/month

BEST VALUE!
UNLIMITED
13 Weeks \$699
*from \$195/month

NEW! Bundle your
classes, PT & Holistic
Nutrition Package and
SAVE 15%!

- **Play Better in 2019** with an intro to Personal Training Package – Save 15% on your first package of Personal Training
- **NEW to TWIST?** Book a complimentary 1-on-1 Assessment & Holistic Nutrition Consultation! Register before January 18th & get your first **2 weeks FREE!**
- **Returning TWIST Athletes:** Register & pre-pay by Dec 31 and **save (up to \$50)** off your **WINTER** registration!
- **MONTHLY PAYMENTS:** Balance your body and your budget; ask about monthly payment options!
- **TWIST FAMILY TRAINING:** 10% off when 2 family members are registered in adult and/or youth development programs; **50% off for 3 or more**

SMALL GROUP TRAINING PROGRAM MENU

COMPLETE CONDITIONING



TWIST
COMPLETE

Our most complete training class on the menu. Twist Coaches will lead you through all aspects of the Twist Methods paradigm including balance, movement, strength, conditioning, core strength & overall mobility and stability. Twist Complete 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.

HIGH INTENSITY



TWIST
HIT

With Twist HIT (High Intensity Training) the Twist Coaches will challenge your mental and physical capacity. Twist HIT 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.



TWIST HIT
& Recover

Working hard is great but recovery is where the adaptation happens so that you can get better. Twist HIT & RECOVER provides the best of both worlds. With Twist HIT (High Intensity Training) the Twist Coaches will challenge your mental and physical capacity. Get after it for 45-50 minutes of high intensity training and then nourish and heal your body with 25-30 minutes of mobility/stability work, self-myofascial release, and overall flexibility focus.

SPECIALTY



COACH'S
CHOICE

It's Friday! Each week we will see who is in the group, what workouts you have done so far and what suits your needs best to match the demands of the week and the weekly programming progression. Some weeks we might decide to **MOVE** more, some weeks we might decide to **LIFT** more, some weeks we might decide to **SPIN & RECOVER**. Who knows what will happen each week? What we do know is it will be worth it!



TWIST
LIFT

TWIST LIFT is for people who "like to lift stuff". If you want to get stronger, you must overload your muscular system. We will focus on developing full-body strength & power through a Twist Linked System focus & work towards more advanced lifting progressions. Coaches will guide you through the proper steps & mechanics to ensure you perform your lifts safely & efficiently, challenge your physical & psychological limits and maximize your **GAINS!**



***NEW YOGA**

Whether you are looking to improve your flexibility and function for activity and performance or you are an avid yogi, this athletic based **TWIST & FLOW Yoga** class will focus on your balance, strength, coordination, flexibility and core stability. Linking postures together in a flowing sequence emphasizes continuous steady rhythm of breath and movement creating an athletic practice. Postures target tension areas and stiff muscles to compliment your regular training and performance sessions. Taught in the Twist environment by a certified yoga teacher – suitable for all ages.

HOLISTIC NUTRITION



HOLISTIC
NUTRITION

We believe training is only part of the solution to improving your strength & conditioning, and maximizing your performance in your sport and your life. Holistic Nutrition is designed to help you learn, understand and apply a more comprehensive approach to eating that helps support the demands of your sport, your training program and whatever challenges life throws at you. Tina R. Ward will explore not only the food you need to fuel performance but also what specific nutrients you need to function & **RECOVER** at an optimal level. Are you really committed to your Nutrition? Set up a complimentary consultation with Tina and **#FeedYourReady**