

ADULT SMALL GROUP TRAINING

WINTER 2019

Starting January 1, 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am 7:00 am	COMPLETE		COMPLETE				
7:00 am 8:00 am	COMPLETE	HIIT	COMPLETE	HIIT	GFS		
8:00 am 9:15 am						HIIT & MOBILITY (75 Minutes)	
9:30 am 10:30 am	COMPLETE				COMPLETE	COMPLETE	
12:00 pm 1:00 pm	COMPLETE		COMPLETE		COMPLETE		
5:15 pm 6:15 pm							
6:15 pm 7:15 pm	HIIT	COMPLETE	HIIT	COMPLETE			
7:15 pm 8:15 pm							

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CLASS 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 & mobility. 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.

**TWIST
LIFT**

This class combines a 45 minute version of Twist Complete with a 30 minute aerobic workout. A Twist coach will lead you through a strength based workout before taking you on the trails, streets, or on the indoor bikes for a cardiovascular system challenge. Get strong, get sweaty, Be Ready! ***Not available in Winter**

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**

TWIST HIT & RECOVER provides the best of both worlds. Get after it for 45 minutes of high intensity training and then nourish and heal your body with 30 minutes of myofascial release, trigger point and flexibility.

**TWIST
MOVE**

TWIST MOVE challenges both your aerobic and anaerobic energy systems. Twist coaches will lead the you through multi-directional movement, sprints, and interval training. **TWIST MOVE** is designed for the adult athletes looking to increase their endurance and energy to help you Be Ready for whatever your sport or your life throw at you!

**TWIST
SPIN-CORE**

Join your Twist Coach on a 45 minute Group Cycling ride combined with 30 minutes of Twist Core Conditioning. This class is designed to improve your aerobic endurance, leg strength and overall fitness. Expect interval drills, hill work, cycling cadence and technique. Jump off the bike and finish with 30 minutes of Twist's CORE training methods.

**TWIST
WARRIOR**

Designed for weekend warriors and tactical athletes alike. Twist Warrior training blends strength, speed and endurance to help you complete any adventure race or fight any fire. Using unconventional strength training, carries, slams smashes and crawl patterns we will develop your strength, speed and endurance in this fun and unique class. Unleash the warrior within!

SPECIALTY

**TWIST
CORE**

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 in this low impact workout that builds full-body functional strength.

GFS

For those who "like to lift stuff" and want to Get F'in Strong. **TWIST GFS** focuses on full-body strength and power through our Linked System Methods and Olympic Lifting. **TWIST Coaches** will safely progress you through the proper steps and proper mechanics to perform your lifts efficiently. Challenge your physical and psychological limits and maximize your Strength **#GAINS! Get F'in Strong!**

RECOVERY & RESTORATION

**TWIST
YOGA**

TWIST RECOVER is a 30 minute regeneration session that is meant to nourish and heal the body. You will be taken through a variety of long-held stretches combined with myofascial release and trigger point. These sessions can be added onto your weekly plan as a tandem class to ensure you are taking the time to balance the body.

MOBILITY

TWIST Mobility will take you through a series of functional mobility patterns, stretches, and self-massage techniques designed to unlock and unleash your body's movement potential. Use this Mobility class to supplement your **TWIST** strength and cardio training to ensure that your body remains balanced, mobile, free to move, and safe from injury. Join us for a single Mobility session each week or add multiple Mobility classes to your weekly schedule to achieve your maximum athletic potential!