

ADULT SMALL GROUP CLASSES

2019 SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00	8:00 – 9:00	9:30 – 10:30
	7:00 – 8:00	7:00 – 8:00			7:00 – 8:00	9:00 – 10:00	
	9:30 – 10:30		9:30 – 10:30		9:30 – 10:30		
PM	12:00 – 1:00	12:00 – 1:00	12:00 – 1:00	12:00 – 1:00	12:00 – 1:00		
	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00	6:00 – 7:00	5:00 – 6:00		
	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00	7:00 – 8:00			

TWIST Adult Functional Training:

Brand new workouts every day highlighting only the most functional elements of strength training, cardio blasting and recovery techniques designed to crush calories, build strength, and create a body that is capable of anything.

Led by TWIST's world-class Performance Coaches, each training session offers an unparalleled level of individualization within group fitness training that will help you achieve your personal health and wellness goals.

Whether you are a seasoned strength training veteran or a novice who is brand new to exercise, TWIST Adult Functional Training will guide you on your pursuit to become Better Every Day.

PRE-PAID PACKAGES

DROP-IN SINGLE	\$30 PER
10 PACK	\$270
10 PACK (PT CLIENT)	\$250

BI-MONTHLY MEMBERSHIPS

1X PER WEEK	\$55
2X PER WEEK	\$100
UNLIMITED	\$110