

JANUARY 6th-APRIL 4th

Welcome to TWIST's 2020 Adult Small-Group Training 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!

TWIST COMPLETE	Our most complete training class on the menu! TWIST Coaches will lead you through all aspects of the TWIST method 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 CORE	TWIST Core focuses on developing stability, strength, endurance and rotational power in abdominals, hips, lower back and glutes using challenging dynamic drills. Train from the inside out in this low-impact workout that builds full-body functional strength!
TWIST WARRIOR	Designed for weekend warriors and tactical athletes alike. TWIST Warrior 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!
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.

SEASONAL RATES

Bronze	Silver	Gold	Platinum
<ul style="list-style-type: none"> 2x/week training access to all TWIST Functional fitness classes 	<ul style="list-style-type: none"> Unlimited training access to all TWIST Functional classes 60-minute 1-on-1 functional assessment 	<ul style="list-style-type: none"> Unlimited training access to all TWIST Functional classes 1x personal training session month (60 minutes) Personal Wellness coach to keep you on track 60-minute 1-on-1 functional assessment 	<ul style="list-style-type: none"> Unlimited week training access to all TWIST Functional classes 1x personal training session per month (60 minutes) Personal Wellness coach to keep you on track Monthly nutrition consultation & coaching session 60-minute 1-on-1 functional assessment
\$149 PER MONTH	\$199 PER MONTH	\$269 PER MONTH	\$349 PER MONTH

Program	Winter (13 Weeks)	Spring (12 Weeks)
1 x per week	\$390*	\$360*
2 x per week	\$520*	\$480*
Unlimited (3+)	\$650*	\$600*

*Prices do not include HST

** Monthly rate prices do not include HST/ minimum 6 month commitment

***Price valid for 12-months

ADULT SMALL GROUP TRAINING
WINTER 2020 | JANUARY 6th-APRIL 4th



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am-7:00am	TWIST COMPLETE		TWIST COMPLETE		TWIST COMPLETE	
9:00am-10:00am	TWIST COMPLETE	TWIST HIT	TWIST COMPLETE	TWIST CORE	TWIST COMPLETE	
10:00am-11:00am						TWIST WARRIOR
5:00pm-6:00pm						
6:00pm-7:00pm	TWIST COMPLETE		TWIST CORE	TWIST COMPLETE		