

JANUARY 6th-APRIL 4th

Welcome to TWIST's 2020 Athlete 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!

<p>S²A</p> <p>Ages: 11-15</p>	<p>The development of any youth athlete is a continuous process from the first time they participate in sport to the time they have matured both physically and mentally. Through this process, you want to continue to build the qualities that will help them excel in their sport of choice. This class will improve their balance, joint stability, core control and strength while simultaneously developing their speed, agility and quickness through skill execution and movement efficiency. It all starts in the brain, and building a strong neuromuscular foundation is key. This program structured to build more effective & safe athletes in order to further their sporting endeavours.</p>
<p>SPEED, AGILITY & QUICKNESS</p> <p>Ages 11-15</p>	<p>Speed, agility and quickness are three of the most important physical components for athletes. The SAQ program will teach you how to move more efficiently through postural correction, biomechanical analysis and movement skill patterning. Once a foundation of movement is built, athletes will focus on increasing their first-step quickness, deceleration, explosive speed, reactivity and multi-directional movement skills. Become a quicker, faster and more reactive athlete with our SAQ training methods!</p>
<p>HIGH PERFORMANCE TRAINING</p> <p>Ages 14+</p>	<p>Our HPT programs are a great way to gain a competitive edge. Built around the TWIST methodology, a functional training paradigm designed to increase strength, power, speed, agility, quickness, coordination and balance rapidly with fewer injuries. Be ready for next season THIS season with HPT.</p>

MONTHLY RATES

Bronze	Silver	Gold	Platinum
<ul style="list-style-type: none"> • 1-2x/week training access to S²A and SAQ classes 	<ul style="list-style-type: none"> • 1-2x training access to all TWIST Athlete classes 	<ul style="list-style-type: none"> • Unlimited training access to all TWIST Athlete classes • 1x 60-minute 1-on-1 functional assessment per month 	<ul style="list-style-type: none"> • Unlimited week training access to all TWIST Athlete classes • 1x personal training session per month (60 minutes) • 60-minute 1-on-1 functional assessment
\$119 PER MONTH	\$139 PER MONTH	\$179 PER MONTH	\$219 PER MONTH

SEASONAL RATES

Program	Winter (13 weeks)	Spring (12 weeks)
1 x per week	\$390*	\$340*
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

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-10:00am						SPEED, AGILITY & QUICKNESS
9:30am-11:00am						HIGH PERFORMANCE TRAINING
5:30pm-7:00pm					HIGH PERFORMANCE TRAINING	
6:00pm-7:00pm				S²A		
7:00pm-8:00pm	HIGH PERFORMANCE TRAINING	S²A	SPEED, AGILITY & QUICKNESS			
7:00pm-8:30pm		HIGH PERFORMANCE TRAINING				

*High Performance Training runs 90 minutes"
 Monday 7:00pm-8:30pm
 Tuesday 7:00pm-8:30pm
 Friday 5:30pm-7:00pm
 Saturday 9:30-11:00am