



ADULT CONDITIONING PROGRAMS

FALL 2010 Sept 7th-Dec 19 (15 WEEKS)

At Twist, we believe **everyone is an athlete!** Let the Twist team of coaches bring out the athlete in you this fall in one of our Adult Conditioning Programs. Adult athletes can choose to train 1-4 x per week. You can mix and match different programs and customize your conditioning to help you maximize performance in your sport or get functionally fit for everyday activities. Already have a gym membership or a regular training program? No problem, come in and learn how **Twist Smart Muscle Training** can help you to enhance or supplement your current training, learn new exercises and drills and allow the Twist coaches to challenge you beyond what your current training provides.

TWIST 2010 FALL RATES

1 session /week = \$30/session = \$450
2 sessions/week = \$25/session = \$750
3+ sessions /week = \$20/session = \$900
TFL 1 session/wk = \$20/sess = \$300
TFL = 2+ session/wk = \$15/sess 2x= \$450; 3x = \$675
Yoga Sport = \$15/sess = \$225
***Stat Holidays:** Programs will be prorated for any Stat holidays
 Fees for athletes who begin after week 1 will be prorated for remaining weeks.

FALL PROGRAM SPECIALS

***FREE 1 ON 1 SESSION:** Receive our 1-on-1 Intro to Sport Conditioning Session for FREE upon registration (New Clients). Expires Aug 27th
***2 WEEKS FREE Referral Reward:** When you refer a friend or family member. Referral receives FREE INTRO TO SPORT session with Twist Coach.
***FAMILY SPECIAL:** 2 or more family members (Adult or Youth) receive 10% off registrations.
***\$50 Athlete RENEWAL EARLY BIRD:** Renew your registration before Aug 27th & receive \$50 off. (\$25 for TFL, & Yoga)
***FREE TRIAL OPEN HOUSE CLASSES** – Sept 7-11 and ½ Price Intro to Sport sessions

FALL PROGRAMS STARTING LINE-UP

ADULT FUNCTIONAL FITNESS AFF	Twist's most popular Adult Conditioning program is guaranteed to make your body more fit and functional. This signature Twist program provides athletic style training that integrates balance, full body strength, core strength, stability, agility, aerobic and anaerobic conditioning, flexibility, and more. This 75 minute workout will increase your fitness level, meet your athletic goals, and develop your body to meet the demands of life and sport.
ANAEROBIC SPORT CONDITIONING ASC	If you are looking for a workout to challenge your limits and drive your heart rate near your max, the ASC class is for you. ASC will train the anaerobic energy system through multi-directional interval training, resisted and overspeed running, agility and plyometrics, muscular endurance training and indoor cycling intervals. Increase your cardiovascular capacity by elevating your V02 max with the new ASC class. When the weather improves we will also take some of these workouts OUTSIDE!
ENDURANCE ATHLETE STRENGTH AND CONDITIONING ESC	ESC is tailor made for runners, mountain bikers/cyclists, paddlers, adventure racers, swimmers and triathletes looking to take their training to a new level, improve sport performance and prevent injury. ESC will focus on building joint stability and mobility, increase functional strength, enhance core power and increase muscular endurance and cardiovascular capacity by elevating your V02 max through Twist's specialized balance, strength and movement training paradigm.
TWIST FUNCTIONAL LUNCH and BREAKFAST TFL/TFB	The Twist Functional Lunch is the perfect opportunity to get your workout in on your lunch break. This high intensity 45 min workout provides an amazing balance, strength, core and aerobic conditioning workout. You are guaranteed to leave with a smile and more energy than you came in with. Showers and change rooms are available at the SCC.
NEW! ADULT HOCKEY CONDITIONING AHC	Do you train to play hockey or do you use hockey to train. This program is designed specifically for adult hockey players who are looking to improve their conditioning and improve their game this season. Our hockey-specific dryland program will help you prevent injuries, and give you the physical tools to help you skate faster, shoot harder, and be stronger on the puck with specialized drills that focus on linked strength, rotary power, first step quickness and agility, stride power, skating balance, and skating speed. Train once a week or mix in a combination of other Twist classes and feel the Twist difference on the ice.
YOGA SPORT YOGA	Whether you are looking to improve your flexibility and function for activity and performance or you are an avid yoga student, this 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 and conditioning coach - suitable for all ages.
FALL FITNESS TESTING And the TWIST TOTAL ATHLETE EXPERIENCE T.A.E	Group Testing Combine: Measure your fitness levels before and after your Fall program. The Twist Sport Conditioning Coaches will take athletes through 2 hours of functional testing to assess strength, power, movement (agility, quickness), balance and conditioning levels. Please note: Testing must be booked by Sept 8 th Dates: Baseline Testing Saturday September 11 th 1-3pm Follow-up testing Saturday Dec 12 th 1-3pm Cost: \$50 per test or \$90 for both Total Athlete Experience 1-on-1 Testing and training: Add this program to any of our group programs and experience a customized training plan that focuses on meeting your individual goals and measured by pre- and post- program functional testing. This package includes a 30 min consultation, 2 functional testing sessions, 5 x 1-on-1 private training sessions customized to your goals to be used anytime throughout the Spring session, AND a customized take-home training program for supplementary workouts for you to do on your own. Cost: \$399 (\$599 value) *athletes must be registered in youth program or team training.

ADULT PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:15 am	*ASC		AFF			
	8:45-10am					7am - TFB	AFF
	9:15-10:30am			AFF			
	12-12:45pm	TFL	TFL ASC	TFL	Yoga	TFL	
	6:30-7:45pm		AFF		AFF		
	7:45-9pm	ESC		*AHC			

Registration Details: To register please fax, mail or drop off your registration form. All Registration forms must also be accompanied with an Intake form and Par-Q form downloaded from our website at www.twistwhitby.com