

12 WEEKS • January 9– April 1, 2012

"TRAINING IS MY SPORT"

At Twist, **everyone is an athlete!** Let the Twist team help you make training **YOUR SPORT** in one of our 2012 Conditioning Programs. Athletes can choose to train 1x or more per week in a variety of programs designed to help you get **BETTER EVERYDAY**. You can mix & match different programs and customize your conditioning to help maximize performance in your sport or get functionally fit for everyday activities (you must register for specific days & times). Already have a gym membership or regular training program? No problem, come in & learn how **Twist Smart Muscle Training** can help you enhance or supplement your current training, learn new exercises & training tools and allow the Twist coaches to challenge you beyond what your current training provides.

1 x /week @ \$30 = \$360 (75 min classes)
 2 x /week @ \$25 = \$600 (75 min classes)
 3 x /week @ \$20 = \$720 (75 min classes)
 * 4+ x /week @ **ONLY \$15/session**
 TFL/TFB 1x/week @ \$20 = \$240 (45 min)
 TFL/TFB 2x/week @ \$18 = \$432 (45 min)
 TFL/TFB *3x+/week @ \$15/session (45 min)


FALL PROGRAM SPECIALS

RENEWAL EARLYBIRD RETURNING athletes register **BEFORE DEC. 12th** & receive **\$50 off** your Winter Program (**\$25 for TFL/TFB**) & secure your class spot!
***NEW ATHLETES FREE 1-ON-1** New Members can register by **Dec. 23rd** & receive a **FREE 1-on-1** "Intro to Sport" Conditioning Session or class.
***FREE TRIAL WEEK Jan 9-15** **NEW ATHLETES** can experience the TWIST DIFFERENCE OR current athletes can try any NEW class. **Register by Jan. 7th**
FAMILY TRAINING (50% OFF) When 2 family members are registered, the 3rd + additional members receive **50% off!**
BE MY GUEST FREE 1-on-1: Bring a **NEW ATHLETE** to your group or private training session. If they register for a program you will receive a **FREE 1-on-1 session AND an Under Armour Combine360 Training shirt** (Expires Jan 31)

FALL PROGRAM STARTING LINE-UP:

NEW TWIST COMBINE CHALLENGE TCC	Twist Combine Challenge is officially Twist's most CHALLENGING group workout! This program is not for the weak of heart (or lungs). It is the ultimate challenge of your internal drive to be BETTER and your discipline to push through physical and mental challenges. Are you up for it? TCC is a progressive program of TWIST drill challenges for movement, balance, and muscular endurance in a workout that will test the core of your character. Just when you want to quit, the challenge will motivate you to go beyond your perceived limits. You'll compete against the exercise, the clock, the group, and of course - yourself. In the end, you'll see who comes out on top.
ADULT FUNCTIONAL FITNESS AFF	Twist's signature Adult Conditioning program is guaranteed to make your body more fit and functional. Adult Functional Fitness is a coached group conditioning program 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.
TWISTED & TACTICAL TNT!	The TNT! Program was created with the Tactical Athlete in mind but is perfect for anyone wanting to take their strength and conditioning to the next level. Police, Firefighters and Military personnel require elite levels of strength, speed and explosive power. TNT! will utilize all of the unique tools from the Twist toolbox including the TRX, SledDawg, Medballs and the new ViPR! Forget Bootcamps and group fitness classes. If you are looking for a workout to challenge your physical and psychological limits and maximize strength and power development TNT! is definitely for you.
ANAEROBIC SPORT CONDITIONING ASC	Whether you are an endurance athlete or just 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 Aer/anaerobic energy systems through multi-directional interval training, resisted and overspeed running, agility & plyometrics, & muscular power-endurance training. Increase your anaerobic capacity & ELEVATE your V02 max. While the weather is good we will take this class outside for some new drills, new tools and new challenges!
TWIST FUNCTIONAL LUNCH OR BREAKFAST TFL/TFB	The Twist Functional Lunch or Breakfast is the perfect opportunity to get your workout in on your lunch break or before going to work. This high intensity workout will be completed in 45 minutes. You will be in and out of the training centre after an amazing balance, strength, core and aerobic conditioning workout. Go back to work or home with more energy. Showers and change rooms are available at the SCC. Please check schedule for specific TFL/TFB class options.
NEW (UN)LOCKED (UN)LOADED (UN)LEASHED U3	Even the most successful athletes can get BETTER . It does not usually mean training more or training harder – but training SMARTER . Athletes cannot go 100%, 100% of the time. Recovery & Regeneration is essential to long term success but it does not mean doing NOTHING either. Efficient movement comes from uncovering weak links and developing strategies to enhance MOBility, STABILITY, Strength & Skill. U3 will be low impact but NOT low intensity. We will utilize a variety of Twist training tools including ViPR, Trigger Point, TRX & MORE, all coached in a unique progression of TWIST movements & drills designed to UNlock the body, UNload , the joints and UNleash your true athletic potential for your life, your training and your sport.

WINTER ADULT CONDITIONING PROGRAM SCHEDULE:

ADULT PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:15 am	ASC		AFF	TNT!			
	8:45-9:30am					TFB: AFF	8:30 TNT!*New	8:30 TCC *NEW!
	9:15-10:30am	TNT!		AFF				8:45 U3 *NEW!
	12-12:45pm	TFL: AFF	TFL: ASC	TFL: TNT!	TFL: U3 *NEW	TFL: TCC*		
	5:15-6:30							
	6:30-7:45pm	TNT!	AFF	ASC	AFF	TCC *NEW!		
	7:45-9pm			U3 *NEW				
	Registration Details: To register please fax, mail or drop off your registration forms available from our website at www.twistwhitby.com							