



13 WEEK PROGRAM: January 3rd – March 31, 2012

"TRAINING IS MY SPORT"

Welcome to Twist™ Sport Conditioning Centre's 2012 Winter Adult Conditioning Programs. At Twist™ Conditioning everyone's an athlete! The Twist™ team of coaches will bring out the athlete in you, making you functionally fit for sport and everyday activities, while helping you enjoy life pain-free. Each group session is 75 minutes in length (except TFL/TFB) and participants can choose to train 1, 2, or 3 times per week. You can mix and match different programs, however you must choose a specific program date and time.

Please see schedule on the other side for days and times.

Costs:

75-Minute Classes (AFF, ASC, TCC)

- 1 session/week = \$30/session x 13 sessions = \$390
- 2 sessions/week = \$25/session x 26 = \$650
- 3 sessions/week = \$20/session x 39 = \$780

45-Minute Classes (TFB, TFL, TFD)

- 1 session/wk = \$20/session x 13 sessions = \$260
- 2 sessions/wk = \$15/session x 26 = \$390
- 3 sessions/wk = \$15/session x 39 = \$585

*All prices subject to HST.

WINTER PROGRAM SPECIALS

- **EARLY BIRD RENEWAL:** Fall members only - Renew by December 5th, receive \$50 off your winter registration, (\$25 off for TFL/TFB), secure your current class spot *and* qualify for a 1-on-1 consult with a Twist Coach.
- **FREE "INTRO TO SPORT" SESSION:** New Members - Register by December 23rd and receive your "Intro to Sport" session for free!
- **FREE TRIAL WEEK:** Athletes new to Twist can trial an Adult class for free during the weeks of December 27-30 and January 3-7. Check online for trial schedule.
- **FAMILY TRAINING PACKAGE:** When 2 family members are registered, the 3rd and every other family member receives 50% off.*
- **REFERAL INCENTIVE:** Refer a friend or family member to group or private training and receive a **free Under Armour Combine 360 T-Shirt**. Expires January 30th.

*The lowest cost program.

WINTER PROGRAM STARTING LINE-UP:

ADULT FUNCTIONAL FITNESS (AFF)	Twist's most popular Adult Conditioning program is guaranteed to make your body more fit and functional. Adult Functional Fitness is a group (non-choreographed) training 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.
ANAEROBIC SPORT CONDITIONING (ASC)	If you're 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 over-speed running, agility and plyometrics, muscular endurance training and bike intervals. Increase your cardiovascular capacity by elevating your V02 max with our ASC class.
TWIST FUNCTIONAL BREAKFAST/ LUNCH (TFB/TFL/TFD)	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 home or to work with more energy. Showers and change rooms are available at the SCC.
TWIST COMBINE CHALLENGE TCC	Twist Combine Challenge is officially Twist's most demanding group workout! This program is not for the weak at heart. It is the ultimate challenge of your internal drive to be better and your discipline to stay the course. A progressive program of TWIST drill challenges in a workout that will dig into the core of your character... just when you want to quit, the challenge is there to 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 CONDITIONING PROGRAMS

Winter 2012

SPORT PERFORMANCE TESTING

1-ON-1 ATHLETE TESTING: Measure your fitness levels at the beginning of your Winter program. Your Sport Conditioning Coach will take you through 90 minutes of private functional testing where they will test your strength, power, movement, balance and conditioning levels. A 30 minute testing review session will then be booked, allowing your coach to provide you with results, feedback and recommendations. All participants must be registered in a group program. Offer expires January 30.

Cost: \$150

REQUIREMENTS FOR NEW PARTICIPANTS	All new Twist Adult program participants must book an Introduction to Sport Conditioning session. This is a 60-minute 1-on 1 training session during which you will learn all of the major sport conditioning movement mechanics and postures. If you have trained with Twist Conditioning in the past you do not need to take this session. The cost of the session is \$50 and valued at \$85. All Introduction to Sport Conditioning sessions need to be booked upon registering and completed prior to your first class.
REGISTRATION	<ul style="list-style-type: none"> To register please email (info@twisttricity.com), fax (778-285-6254), mail or drop off your registration form to: Unit 1-1776 Broadway Street, Port Coquitlam, B.C. V3C-2M8 All Registration forms must be accompanied with an Intake form and Par-Q form. Registration forms, Intake forms, and PAR-Q forms can be downloaded from our website at www.twisttricity.com
PRIVATE TRAINING	<ul style="list-style-type: none"> Add on a private training session to your program each week and work 1-on-1 with a Twist Sport Conditioning Coach. For more info on private 1-on-1 training packages, please call 778-285-6252.

WINTER PROGRAM SCHEDULE:

ADULT PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 - 7:15am	<i>AFF</i>			<i>AFF</i>		<i>ASC/TCC</i>
	7:30 - 8:15am	<i>TFB (45 min)</i>	<i>TFB (45 min)</i> <i>(7:00am)</i>	<i>TFB (45 min)</i>	<i>TFB (45 min)</i> <i>(7:00am)</i>		
	8:30 - 9:45am		<i>AFF</i>				
	9:15 - 10:00am	<i>TFB (45 min)</i>			<i>TFB (45 min)</i>		
	9:30 - 10:45am						<i>AFF</i>
	1:00 - 1:45pm	<i>TFL (45 min)</i>			<i>TFL (45 min)</i>		<i>TFL (45 min)</i>
	7:00 - 8:15pm	<i>AFF</i>			<i>AFF/TCC</i>		

BE READY™