



Spring Programs are Underway. Come in and take a Twist Test Drive on any class!

We are pleased to announce that we officially began our Spring Hockey Camps, youth athlete and adult conditioning programs on May 5th, 2008. We are excited to be bringing our proven coaching philosophies, systems and training techniques to the Durham Region. Twist Conditioning has had tremendous success helping athletes and active adults from a variety of sports and activities reach new levels of performance. Our program options range from one-one-one training, small group conditioning, customized team training and youth and adult conditioning programs all designed to meet your conditioning needs.

At Twist, everyone is an athlete and we would like to invite you in to tour the facility, try out one of our program sessions and experience the Twist Difference.

The Twist Difference - The Twist Sport Conditioning Centre will provide you with:

- **A Team of Specialists** The Twist Team of Strength and Conditioning Coaches are the most qualified in the industry. Each coach holds a degree in the field, with experience as conditioning coaches, and athletes. Twist coaches understand what it takes mentally and physically to get to the next level.
- **A Private Sport Conditioning Centre** The Twist Sport Conditioning Centre is designed for athletes, and active individuals that want to be more athletic and more functional with their conditioning program. It provides a private setting highlighted by open space for movement skill training, and is equipped with specialized athlete conditioning equipment.
- **A Unique Training System** The Twist Sport Conditioning training system is recognized world wide. It focuses on the secondary fitness characteristics that many activities demand such as balance, whole body Linked System strength, agility, quickness, core strength and stability and rotational power.
- **A Team of Educators** – The Twist Sport Conditioning Coach Certification program has now become the standard for Strength and Conditioning Coaches in Canada.

Please take some time to review the enclosed brochure and program schedule and see which classes will fit your schedule and conditioning needs. If you would like to register for a Twist Test Drive class or if you have any questions, you can contact me at any time at whitby@sportconditioning.ca 905.431.6623.

Sincerely,

Heather Pereira
Marketing and Service Manager