



# ADULT CONDITIONING PROGRAMS

## FALL 2010

### 15 WEEK PROGRAM • September 7 - December 19, 2010

Welcome to Twist Sport Conditioning Centre's 2010 Fall Adult Conditioning Programs. At Twist Conditioning everyone is an athlete. The Twist team of coaches will bring out the athlete in you, helping you enjoy life pain-free, and making you functionally fit for sport and everyday activities. Each group session is 75 minutes in length (except TFL, TFB & Yoga) and participants can choose to train 1, 2, 3 or 4 sessions per week. You can mix and match different programs, however you must choose a specific class date and time.

Please see schedule on the other side for session dates and times.

1 session /week = \$30/session x 15 sessions = \$450  
 2 sessions/week = \$25/session x 30 sessions = \$750  
 3 sessions/week = \$20/session x 45 sessions = \$900  
 4 sessions/week = \$20/session x 60 sessions = \$1200  
 TFL/TFB Class = 1 session/wk = \$20/session x 15 sessions = \$300  
 TFL/TFB Class = 2 sessions/wk = \$15/session x 30 sessions = \$450  
 TFL/TFB Class = 3 sessions/wk = \$15/session x 45 sessions = \$675  
 Yoga Sport = 1 session/wk=\$15/session x 15 sessions = \$225

### FALL PROGRAM SPECIALS

- **FREE 1 ON 1 SESSION** - New Members – register by **August 27** and receive your 1-on-1 "Intro to Sport" Conditioning Session for FREE.
- **RENEWAL EARLY BIRD** – Summer members, renew your registration by **Aug 27** & receive \$50 off your Fall registration. (\$25 for TFL & TFB)
- **\*NEW\* FREE TRIAL WEEK** – Athletes new to TWIST can trial an Adult Conditioning Class for free the week of Sept 7-12. Must pre-register.
- **BE MY GUEST- FREE 1-on-1** – Refer a friend or family member to private or group training and receive a free private session. (Value-\$85).
- **FALL TESTING COMBINE:** See the reverse side for more details. Must be booked by September 8. Limited spaces available.

**\$90:** Test your fitness levels before & after your Program. Includes 2 x 2 hour testing sessions. Pre-Test-Sept 12 - Post-Test-Dec 19.

### FALL PROGRAM STARTING LINE-UP:

<b>ADULT FUNCTIONAL FITNESS AFF</b>	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.
<b>ADULT HOCKEY CONDITIONING AHC</b>	Train like the Pro's. For all of those recreational hockey players who are looking to improve their game, this is the program for you. Our hockey-specific dryland program will focus on making you a better skater, shooter, and checker with specialized drills that focus on linked strength, rotary power, first step quickness, stride power, skating balance, and skating speed. Train once a week and feel the difference on the ice.
<b>ADULT SKI-FIT FOR SKIERS &amp; SNOWBOARDERS ASF</b>	Elevate your skiing or riding skills to a whole new level this winter. The Adult Ski Fit program will focus on building your overall athleticism, increasing your fitness level, preventing injury, and increasing your performance on the mountain. Twist's Linked System Strength™ will make you stronger on your skis; deceleration training will help in absorbing landings & prevent injuries; explosive leg power will provide more pop on your jumps; core rotation will allow you to fly through the moguls; and balance and core training will ensure your stability and body awareness on the mountain.
<b>ANAEROBIC SPORT CONDITIONING ASC</b>	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 bike intervals. Increase your cardiovascular capacity by elevating your V02 max with our ASC class.
<b>*NEW* RECOVERY &amp; RE-GENERATION R&amp;R</b>	5-10 minutes of stretching after your workout or game is just not enough. Experience a new freedom in your movement by releasing tension in muscles, constriction in joints and adhesions in fascia. This new program features systematic self-myofascial release techniques, Trigger Point Performance Therapy™ self massage methods and mobility. These sessions will not only help your body recover, they will increase your functional range of motion, improve muscle pliability, decrease muscle soreness and enhance your body's flexibility. Give your body the regeneration it needs and the recovery it deserves.
<b>STRENGTH BALL CORE TRAINING SBC</b>	Inspired by the best seller book "Strength Ball Training" by Peter Twist and Lorne Goldenberg, this class will challenge your core to a whole new level. SBC training focuses on developing stability, strength, and endurance in the abdominals, hips, lower back and glutes. Train from the inside out in this low impact workout that builds the foundation of a functional body.
<b>TWIST FUNCTIONAL LUNCH OR BREAKFAST TFL/TFB</b>	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.
<b>WEST COAST OUTDOOR CONDITIONING AND ANAEROBIC SPORT CONDITIONING WCO/ASC COMBO</b>	The WCO/ASC Combo program will begin as a WCO class until we lose good weather and light. We will then shift indoors to an ASC class for the remainder of the Fall session. Your WCO class will give you full body strength and conditioning with a focus on increasing your aerobic and anaerobic energy systems. These classes will use some of Twist's top conditioning drills and tools in an outdoor training environment. ASC continues to train the anaerobic energy system through multi-directional interval training, resisted and overspeed running, agility and plyometrics, muscular endurance training and bike intervals. Increase your cardiovascular capacity by elevating your V02 max with our WCO/ASC combo class.
<b>YOGA SPORT YOGA</b>	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

**GROUP TESTING COMBINE** Measure your fitness levels before and after your Fall Program. Twist's Sport Conditioning Coaches will take you through 2 hours of functional testing where they will test your strength, power, movement, balance and conditioning levels. All participants must be registered in a group program. Must be booked by September 8.

**Cost:** \$50 per test or \$90 for both pre and post tests.

**Dates:** Pre-Testing: Sunday September 12, 1-3pm. Post-Testing: Sunday December 19, 1-3pm.

<b>REQUIREMENTS FOR NEW PARTICIPANTS</b>	All new Twist Adult program participants must book an Introduction to Sport Conditioning Session. This is a one hour 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 session.
<b>REGISTRATION</b>	<ul style="list-style-type: none"> <li>To register please fax (604-904-6558), mail or drop off your registration form to: Unit 12-1225 East Keith Rd, North Vancouver, BC, V7J 1J3</li> <li>All Registration forms must also be accompanied with an Intake form and Par-Q form.</li> </ul> Registration forms, Intake forms, and PAR-Q forms can be downloaded from our website at <a href="http://www.twistconditioning.com">www.twistconditioning.com</a>
<b>PRIVATE TRAINING</b>	<ul style="list-style-type: none"> <li>Add on a private training session to your program each week and work 1 on 1 with a Twist Sport Conditioning Coach. For more information on private 1 on 1 training packages please call 604-904-6556 (ext. 115) or visit <a href="http://www.twistconditioning.com">www.twistconditioning.com</a>.</li> </ul>
<b>NUTRITION CONSULTING</b>	<ul style="list-style-type: none"> <li>How are your eating habits? Are they meeting your sport &amp; life goals? Have our Nutritionist, Lisa Northrup, help you devise an eating plan that will help achieve your goals. Whether you want to decrease body fat, fuel your body for competition, put on weight or increase your energy levels, we have the plan for you. For more information and package options, please call 604-904-6556 (ext. 115)</li> </ul>

## FALL PROGRAM SCHEDULE:

ADULT PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:15am	<b>AFF</b>	<b>ASC</b>	<b>AFF</b>	<b>AFF</b>	<b>AFF</b>		
	7:30-8:15am	<b>TFB</b>		<b>TFB</b>		<b>TFB</b>		
	8:00-9:15am						<b>AFF Make Up Class</b>	<b>AFF Make Up Class</b>
	9:30-10:45am	<b>AFF</b>		<b>AFF</b>	<b>ASC ASF</b>	<b>AFF</b>	<b>AFF</b>	<b>AFF</b>
	12-12:45pm	<b>TFL</b>	<b>YOGA (12pm - 1pm)</b>	<b>TFL</b>		<b>TFL</b>		
	6:15-7:30pm	<b>WCO/ASC COMBO</b>	<b>ASF</b>	<b>R&amp;R</b>	<b>AHC</b>			
	7:30-8:45pm		<b>AFF</b>	<b>SBC</b>	<b>AFF</b>			

**BE READY™**

Twist Sport Conditioning Centre, Unit 12-1225 East Keith Rd, North Vancouver, BC, V7J 1J3  
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