



10 WEEK PROGRAM: June 28 - September 5, 2010

SUMMER VACATION SPECIAL

RECEIVE 2 WEEKS OF FREE TRAINING THIS SUMMER - Offer expires June 18
 Pay for 8 weeks and receive your 9th and 10th week free. Save up to \$160.

Welcome to the Twist™ Sport Conditioning Centre's 2010 Summer Adult Conditioning Programs. At Twist™ Conditioning everyone's 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 adult 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. Participants can mix and match different programs, however you must choose a specific program date and time. **Please see schedule on the other side for session dates and times.**

1 session/week =\$30/session x 10 =\$300	Summer Special= \$240
2 sessions/week =\$25/session x 20 =\$500	Summer Special= \$400
3 sessions/week =\$20/session x 30 =\$600	Summer Special= \$480
4 sessions/week =\$20/session x 40 =\$800	Summer Special= \$640
TFL/TFB =1 sess/wk =\$20/session x 10 =\$200	Summer Special= \$160
TFL/TFB =2 sess/wk =\$15/session x 20 =\$300	Summer Special= \$240
TFL/TFB =3 sess/wk =\$15/session x 30 =\$450	Summer Special= \$360
Yoga =1 sess/wk=\$12/session x 10 =\$120	Summer Special= \$ 96

SUMMER PROGRAM SPECIALS

- **SUMMER VACATION SPECIAL-** Receive 2 weeks free. Only pay for 8 weeks of the 10 week program. Must register by June 18.
- **FAMILY SPECIAL** - Register 2 family members (Adult or Youth) and receive 50% off all additional family member registrations. Expires June 25.
- **SUMMER FITNESS TESTING:** See the reverse side for more details.
- **GROUP TESTING COMBINE - \$90:** Test your fitness levels before & after your program. Includes 2, 2 hour testing sessions. Expires June 23.
- **1 on 1 TESTING & TRAINING - \$499:** 1 x 30 minute consult, 2 x 60 minute testing sessions, 5 x 1-on-1 training sessions. Expires July 2.
- **FURTHER 2 WEEKS FREE** - When you refer a friend or family member new to Twist. Ask us for more details.

SUMMER 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 1 hour and 15 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 bike intervals. Increase your cardiovascular capacity by elevating your VO2 max with our ASC class.
STRENGTH BALL CORE TRAINING (SBC)	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.
TWIST FUNCTIONAL BREAKFAST, BRUNCH or LUNCH (TFL/TFB)	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 work with more energy. Showers and change rooms are available at the SCC.
WEST COAST OUTDOOR CONDITIONING (WCO)	Take advantage of everything the West Coast has to offer with the West Coast Outdoor Conditioning Class. This program will challenge you with exercises, drills, and training tools that you don't typically see in a Twist Adult Functional Fitness Class. The Twist Team will use safe and effective training techniques to give you a full body strength and conditioning workout that will focus on increasing your aerobic and anaerobic energy systems, plus improve your core and full body strength. Get fit and athletic in one of the best training environments in the world. Sessions will take place in the fields, trails and mountains in close proximity to the Twist Centre. Participants of all levels are welcome as you will train at your own pace.
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.

PRO HOCKEY CONDITIONING CAMP EXPERIENCE FOR ADULT HOCKEY PLAYERS

ADULT HOCKEY CONDITIONING CAMP (ON-ICE AND DRYLAND)	Pro Hockey Conditioning Camp Experience for Adult Hockey Players- July 26-30 Train like a professional athlete for a week. This one-week camp will provide you with an NHL off-season training experience. Players will train for 2 hours each day in the Twist Sport Conditioning Centre where they will focus on developing hockey-specific balance, deceleration, speed, agility, quickness, reactivity, strength, power, core and anaerobic conditioning. Players will then take to the ice for 90 minute sessions that focus on skating mechanics, powerskating, speed, quickness, individual skills, tactics, conditioning and scrimmages. This camp includes five 2 hour dryland sessions and four 90 minute on-ice sessions. Be a PRO for a week. (See Hockey Camp Brochure or website for more information or to register)
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SUMMER FITNESS TESTING

GROUP TESTING COMBINE Measure your fitness levels before and after your Summer 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 June 23.

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

Dates: Pre-Testing - Sunday, June 27 - 4-6pm; Post-Testing- Sunday, September 5 - 1-3pm

1 ON 1 TESTING AND TRAINING: Add this program to any of our group or team training programs and experience a customized training plan that focuses on meeting your individual goals which will be measured by pre and post program functional testing. This package includes; a 30 minute consultation session, a 1 hour private functional testing session in week 1 and a 1 hour post-testing private session in the final week, 5 one-on-one private training sessions customized to your goals to be used at any time throughout the summer session and a customized take-home workout to perform on your own. Must be booked by July 2.

Cost: \$499 (Package is valued at \$599) Must be registered in an adult program or team training. One package per person.

REQUIREMENTS FOR NEW PARTICIPANTS	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 class.
REGISTRATION	<ul style="list-style-type: none"> To register please email (training@twistconditioning.com), fax (604-904-6558), mail or drop off your registration form to: Unit 12-1225 East Keith Rd, North Vancouver, BC, V7J 1J3 All Registration forms must also 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.twistconditioning.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 604-904-6556 (ext. 115).
NUTRITION CONSULTING	<ul style="list-style-type: none"> How are your eating habits? Are they meeting your sport & 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).

SUMMER PROGRAM SCHEDULE:

ADULT PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 - 7:15am	AFF	ASC	AFF WCO	AFF	AFF	
	7:15 - 8:00am	TFB		TFB		TFB	
	8:00 - 9:15am						AFF <i>Make Up Class</i>
	10:15 - 11:00am	TFB		TFB		TFB	AFF <i>(9:30-10:45)</i>
	1:00 - 1:45pm	TFL	YOGA	TFL		TFL	
	6:00 - 7:15pm	WCO					
	8:00 - 9:15pm	SBC	AFF	ASC	AFF		