



# ADULT CONDITIONING PROGRAMS WINTER 2012

## 13 WEEK PROGRAM • January 3 – April 1, 2012

### "TRAINING IS MY SPORT"

Welcome to Twist Sport Conditioning Centre's 2012 Winter 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, TFD and ViPR) 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 13 sessions = \$390  
**2 sessions/week** = \$25/session x 26 sessions = \$650  
**3 sessions/week** = \$20/session x 39 sessions = \$780  
**4 sessions/week** = \$20/session x 52 sessions = \$1040  
**TFB/TFL/TFD/ViPR** = 1 session/wk = \$20/session x 13 sessions = \$260  
**TFB/TFL/TFD/ViPR** = 2 sessions/wk = \$15/session x 26 sessions = \$390  
**TFB/TFL/TFD/ViPR** = 3 sessions/wk = \$15/session x 39 sessions = \$585

### WINTER PROGRAM SPECIALS

- **RENEWAL EARLY BIRD** – Fall 2011 members ONLY, renew your registration between November 28 – December 2 & receive **\$50 off** your Winter registration and secure your current class spot. (\$25 off registration for TFB/TFL/TFD/ViPR)
- **FREE 1-ON-1 SESSION** – New Members – register by **December 23** and receive your 1-on-1 "Intro to Sport" Conditioning Session for FREE.
- **FREE TRIAL WEEK** – Athletes new to TWIST can trial an Adult Conditioning Class for free during the week of January 2 - 8. Current athletes may also trial any class they have not yet participated in. Check online for Trial Class Schedule. Must pre-register.
- **BE MY GUEST; FREE 1-ON-1** – For the month of January, refer a friend or family member to private or group training and receive a free Under Armour Combine 360 Shirt. (exp. Jan 31)
- **FAMILY TRAINING (50% OFF)** – When 2 family members are registered, the 3<sup>rd</sup> and every other family member receive 50% off!

### WINTER PROGRAM STARTING LINE-UP (75 Minute Sessions):

<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>ANAEROBIC SPORT CONDITIONING ASC</b>	Looking for a workout to challenge your limits and drive your heart rate near your max? Then ASC 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>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>SPORT CORE STRENGTH SCS</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. SCS 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>COMBINE CHALLENGE TRAINING CCT</b>	Combine Challenge Training 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.
<b>*NEW* (UN)LOCKED, (UN)LOADED, (UN)LEASHED U3</b>	Even the most successful athletes can get better. It usually does not mean training more, or training harder - but training Smarter. Athletes can not go 100% all of the time. Recovery & Regeneration is essential, but it does not necessarily mean doing nothing. Efficient movement comes from uncovering weak links and developing a unique combination of MOBility, STABility, Strength, and Skill. U3 will be low impact but NOT low intensity. We will utilize a variety of Twist training tools including ViPR, TriggerPoint, TRX, & MORE. Coached in a unique progression of Twist movements and drills designed to UNlock the body, UNload the joints, and UNleash your true athletic potential for your life, your training, and your sport.



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## WINTER PROGRAM STARTING LINE-UP (45 Minute Sessions):

<b>TWIST FUNCTIONAL BREAKFAST, LUNCH OR DINNER TFB/TFL/TFD</b>	The Twist Functional Breakfast, Lunch or Dinner is the perfect opportunity to get your workout in on your lunch break, or before or after 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>*NEW* VIPR PERFORMANCE TRAINING VPT</b>	Twist's first class based around 1 piece of equipment; the ViPR. Yes, it is that good! ViPR stands for Vitality, Performance and Reconditioning. This powerful new tool was created to blend strength training with functional training, and movement for the sole purpose of fostering purposeful motion. Designed to mimic many tools already in the gym, the ViPR's exercise count is infinite and will challenge anyone looking for a change in their training routine. ViPR is the ultimate functional, whole body training tool that will produce optimal sports and fitness performance.

<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. 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></li> </ul>
<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>

## WINTER 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>AFF</b> (7:30-8:45am)	<b>TFB</b>	<b>ASC</b> (7:30-8:45am)	<b>TFB</b>		
	8:00-9:15am						<b>AFF Make-Up</b>	
	9:30-10:45am	<b>AFF</b>		<b>AFF</b>	<b>ASC</b>	<b>AFF</b>	<b>AFF</b>	<b>AFF Make-Up</b>
	12:00-12:45pm	<b>TFL</b>	<b>U3</b>	<b>TFL</b>	<b>TFB/L/D Make-Up</b>	<b>TFL</b>	<b>ViPR</b>	<b>U3</b> (12:00-1:15pm)
	6:00-7:15pm	<b>TFD</b> (6:00-6:45pm) <b>U3</b>	<b>CCT</b>	<b>R&amp;R</b>	<b>AHC</b>	<b>TFD</b> (6:00-6:45pm) <b>R&amp;R</b>		
	7:15-8:30pm	<b>AFF</b>	<b>AFF</b>	<b>SCS ViPR</b> (7:15-8:00pm)	<b>AFF</b>			