

FEBRUARY IS TEAM TRAINING MONTH

LEARN-TRAIN-PERFORM: Get MORE out of your training session than just a great workout. Be educated on the purpose of every exercise and receive critical feedback from a professional coach on your athletic deficiencies that will help you become a BETTER ATHLETE and improve your TEAM'S PERFORMANCE!

Team Training 3 Session Intro Package:

The Foundations of Sport Conditioning

Offer Available from Feb 1-29

(Sessions must be completed by April 30)

\$45

 per athlete

- Minimum of 10 athletes per team
- Available to all sports

Includes:

- **THREE 60 minute training sessions at the Twist SCC**
 - Session 1: Foundations of Athleticism
 - Session 2: Foundations of Movement Skills
 - Session 3: Foundations of Strength Training
- Active coaching by a professional Twist Sport Conditioning Coach
- Athletes will exit with:
 - Knowledge of sport conditioning and injury prevention
 - Feedback on areas they need to focus on
 - A mini take-home workout

Book your Team in today. Limited spaces available.



BE READY

North Vancouver

twistconditioning.com

604-904-6556

Port Coquitlam

twisttricity.com

778-285-6252

Portland

twistportland.com

503-208-3458

Burlington

twistburlington.com

905-335-9599

Whitby

twistwhitby.com

905-217-0664