



TWIST ADULT CONDITIONING PROGRAMS FOR SPRING 2010 • September 7 - December 18 (15 WEEKS)

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 and participants can choose to train 1, 2, 3, or 4 sessions per week. You can mix and match different programs.

Cost: 1 session/week = \$30/session • 2 sessions/week = \$25/session • 3 sessions/week = \$20/session • 4 sessions/week = \$20/session

FALL PROGRAM SPECIALS


- **FREE 1 ON 1 SESSION** – New members- register before **August 28** and receive your 1-on-1 "Intro to Sport" Conditioning session FREE
- **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-\$75)
- **RENEWAL EARLY BIRD** – Summer Program members, renew your registration before August 28 and receive \$25 off.

FALL 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 75 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 V02 max with our ASC class.

REQUIREMENTS FOR NEW PARTICIPANTS	All new Twist 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 \$75. All Introduction to Sport Conditioning Sessions need to be booked upon registering and completed prior to your first session. All intro sessions booked before August 28 are FREE.
REGISTRATION	<ul style="list-style-type: none"> • To register please fax (905-336-9311), mail or drop off your registration form to: 1179 Northside Road, Burlington, ON, L7M 1H5 • 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.twistburlington.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 information on private 1 on 1 training packages please call 905-335-9599 (ext. 22) or visit www.twistburlington.com **Fall Private Training Packages available.

FALL PROGRAM SCHEDULE:

ADULT PROGRAMS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:30am		AFF		AFF			
	10:00-11:15pm						ASC	
	6:00-7:15pm	AFF		ASC				