

TWIST

PERFORMANCE + WELLNESS

Advanced Athlete Development

\$199 per month*
unlimited sessions

\$350 10 session pack
expires after 1 year

*first & last month payment due at registration

- Movement skills and increased speed
- Mobility and stability through the hips, spine, and core
- Explosive 1st step quickness
- Functional strength and balance
- Rotary power development
- Anaerobic energy system development
- Resistance to common injury issues

90 minute sessions
Monday - Thursday



TIME	MON	TUES	WED	THURS
6 – 7:30pm	AAD		AAD	
7:30 – 9pm		AAD		AAD

TWIST

PERFORMANCE + WELLNESS

Junior High SAQ & ASD

\$149 per month*
unlimited sessions

\$250 10 session pack
expires after 1 year

*first & last month payment due at registration

Speed Agility Quickness

ages 8 and up

Mon. Wed. & Fri. 5-6pm

Athletic Strength and Development

ages 12 and up

Tues. Thurs. 5-6pm

Sat. 10-11am



TIME	MON	TUES	WED	THURS	FRI	SAT
10 – 11am						ASD
5 – 6pm	SAQ	ASD	SAQ	ASD	SAQ	

Call or come in to register!

503.208.3458 train@twistportland.com 11015 SW Capitol HWY, Portland 97219

TWIST

PERFORMANCE + WELLNESS

Youth SAQ

\$99 per month*
unlimited sessions

\$250 10 session pack
expires after 1 year

*first & last month payment due at registration

Speed Agility Quickness

ages 8 and up

Mon. Wed. & Fri. 5-6pm

Youth athletes will develop explosive speed, agility, and lightning quickness in this progressive program. Elite programs and elite coaching designed to improve physical characteristics for success in all sports.



TIME	MON	TUES	WED	THURS	FRI	SAT
5 – 6pm	SAQ		SAQ		SAQ	

Call or come in to register!

503.208.3458 train@twistportland.com 11015 SW Capitol HWY, Portland 97219