ADULT SMALL GROUP TRAINING

WINTER 2017 January 3 – April 2

(13 WEEKS)

TWIST PERFORMANCE + WELLNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am 7:00 am (*75 mins)	TWIST CORE TWIST COMPLETE *	TWIST COMPLETE *	TWIST COMPLETE * TWIST LIFT	TWIST HIT TWIST COMPLETE *	TWIST SPIN-CORE TWIST COMPLETE *		
7:15 am 8:00 am	TWIST COMPLETE		TWIST COMPLETE	TWIST HIT	TWIST COMPLETE	TWIST COMPLETE (MAKE-UP CLASS) (8:00 – 9:00 AM)	
9:30 am 10:30 am (*75 mins)	TWIST COMPLETE	TWIST CORE	TWIST HIT & RECOVER *	TWIST MOVE	TWIST HIT	TWIST COMPLETE *	TWIST WARRIOR
12:00 pm 12:45 pm	TWIST COMPLETE	TWIST HIT	TWIST COMPLETE	TWIST YOGA	TWIST COMPLETE		TWIST AIM (MAKE-UP CLASS) 11:00 – 12:00pm
5:00 pm 6:00 pm	TWIST SPIN-CORE	TWIST HIT		TWIST CORE	TWIST HIT (45 Mins)		
6:00 pm 7:00 pm	TWIST COMPLETE	TWIST COMPLETE	TWIST COMPLETE	TWIST HIT TWIST SPIN-CORE			
7:00 pm 8:00 pm (*75 mins)	TWIST WARRIOR (MAKE-UP CLASS)	TWIST COMPLETE * TWIST LIFT	TWIST CORE	TWIST COMPLETE TWIST AIM			
8:00 pm 8:45 pm		TWIST HIT					

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TWIST PERFORMANCE + WELLNESS

TWIST TRAINING

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CLASS MENU

COMPLETE CONDITIONING	
TWIST COMPLETE	Our most complete training class on the menu. Twist Coaches will lead you through all aspects of the Twist Methods paradigm including balance, movement, strength, conditioning, core & mobility. Twist Complete is designed to improve your overall fitness, meet your athletic goals and create a body that works and functions effectively for the daily demands of life.
HIGH INTENSITY	
TWIST HIT	With Twist HIT (High Intensity Training) the Twist Coaches will challenge your mental and physical capacity. Twist HIT is an Earn-Every-Rep Session, where you will be leaving everything out on the floor. This program uses a blend of whole-body strength, multi-directional movement and dynamic balance, challenging your energy systems and muscular endurance while maximizing caloric output.
TWIST HIT & RECOVER	Twist HIT & RECOVER provides the best of both worlds. Get after it for 45 minutes of high intensity training and then nourish and heal your body with 30 minutes of myosfascial release, trigger point and flexibility.
TWIST MOVE	Twist MOVE challenges both your aerobic and anaerobic energy systems. Twist coaches will lead the you through multi-directional movement, sprints, and interval training. Twist MOVE is designed for the adult athletes looking to increase their endurance and energy to help you Be Ready for whatever your sport or your life throw at you!
TWIST SPIN-CORE	Join your Twist Coach on a 45 minute Group Cycling ride combined with 30 minutes of Twist Core Conditioning. This class is designed to improve your aerobic endurance, leg strength and overall fitness. Expect interval drills, hill work, cycling cadence and technique. Jump off the bike and finish with 30 minutes of Twist's CORE training methods.
TWIST WARRIOR	Designed for weekend warriors and tactical athletes alike. Twist Warrior training blends strength, speed and endurance to help you complete any adventure race or fight any fire. Using unconventional strength training, carries, slams smashes and crawl patterns we will develop your strength, speed and endurance in this fun and unique class. Unleash the warrior within!
SPECIALTY	
TWIST CORE	Twist CORE focuses on developing stability, strength, endurance and rotational power in abdominals, hips, lower back, and glutes using dynamic, challenging drills. Train from the inside out in this low impact workout that builds full-body functional strength.
TWIST LIFT	For those who "like to lift stuff". Twist LIFT focuses on building full-body strength and power through our Linked System Methods and Olympic Lifting. Twist Coaches will progress you through the proper steps and proper mechanics leading to performing your lifts safely and efficiently. Challenge your physical and psychological limits and maximize your #GAINS!
RECOVERY & RESTORATION	
TWIST YOGA	Twist RECOVER is a 30 minute regeneration session that is meant to nourish and heal the body. You will be taken through a variety of long-held stretches combined with myofascial release and trigger point. These sessions can be added onto your weekly plan as a tand-alone class to ensure you are taking the time to balance the body.
TWIST RECOVER	In this class, you will move slowly and experience deep release with the support of props, tension release balls, blocks, dowels, bolsters, straps and many more. Postures target tension areas and stiff muscles to complement your regular training and performance sessions. Taught in the Twist environment by a certified yoga teacher and conditioning coach - suitable for all ages.

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