



# TRAIN WITH TWIST

Twist Sport Conditioning would like to offer athletes registered with CANADIAN SPORT CENTRE, a **25% DISCOUNT** on all Twist Sport Conditioning Services at either of our locations

- Specialized 1-on-1 athlete training
- Small group training
- Team training
- Group programs
- Sport performance testing
- Receive a FREE Athlete Performance Assessment

Experience the difference at the Twist Sport Conditioning Centre:

- ✓ Industry leading sport conditioning coaches
- ✓ Unparalleled training methodology
- ✓ Validated and proven with thousands of professional and national athletes
- ✓ Exclusive private training centre- no general memberships
- ✓ Inspiring and motivating environment
- ✓ Programs tailored to sport demands and athlete specific needs

*One opportunity... Give everything...*

## **BE READY**<sup>TM</sup>

North Vancouver  
[www.twistconditioning.com](http://www.twistconditioning.com)  
604-904-6556 (Ext. 2)

Tri-Cities  
[www.twisttricity.com](http://www.twisttricity.com)  
778-285-6252

Canadian  
Sport  
Centre  
Pacific



# **TWIST**<sup>TM</sup>

**SPORT CONDITIONING CENTRE**

