

Twist Sport Conditioning

# Holiday Conditioning Camps

*Make the **MOST** of Your Holiday Break!*

## **Athlete Development Camps:**

December 19-22 and/or December 27-30

Get TWIST STRONG and TWIST FAST in this 4-day athlete development camp.

For multi-directional sport athletes including lacrosse, soccer, basketball, baseball, football, tennis, hockey, rugby and more.

Group 1: 12-14 years, Group 2: 15-18 years

## **Kids Sport Conditioning Camps:**

December 19-21 and/or December 27-29

3-day sport conditioning camps for kids ages 8-11, covering the basics of movement, balance, athleticism, agility and conditioning in 60 minute sessions.

## **Adult Sport Conditioning Camp:**

December 27-30

Experience a mix of our TOP Adult classes including Adult Functional Fitness, Sport Core Strength, Anaerobic Sport Conditioning and Recovery and Regeneration.

**Early Bird:** Register by Dec 12 and save up to \$25.



**BE READY**

11015 SW Capitol Hwy. Portland, Oregon

| 503-208-3458

| [www.twistportland.com](http://www.twistportland.com)

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# Holiday Conditioning Camps

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**Most** of  
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## **Athlete Development Camps:**

Get TWIST STRONG and TWIST FAST in this 4-day athlete development camp. For multi-directional sport athletes including lacrosse, soccer, basketball, baseball, football, tennis, hockey, rugby and more.

Day 1 - Balance and Strength

Day 2 - Speed, Quickness & Conditioning

Day 3 - Strength, Core and Rotary Power

Day 4 - Agility, Conditioning & Mobility

### **Week 1: December 19-22**

Group 1: 15-18 years old - 75 minute sessions (4 days)

Group 2: 12-14 years old - 75 minute sessions (4 days)

Group 3 (Kids Sport): 8-11 years old - 60 minute sessions (3 days, Dec 19-21)

### **Week 2: December 27-30**

Group 1: 15-18 years old - 75 minute sessions (4 days)

Group 2: 12-14 years old - 75 minute sessions (4 days)

Group 3 (Kids Sport): 8-11 years old - 60 minute sessions (3 days, Dec 27-29)

### **Cost:**

1 Week:

\$89 Early Bird Rate; Register by Dec 12 (Kids Sport - \$64)

\$99 Regular Rate; Register after Dec 12 (Kids Sport - \$74)

2 Weeks:

\$169 Early Bird Rate; Register by Dec 12 (Kids Sport - \$119)

\$189 Regular Rate; Register after Dec 12 (Kids Sport - \$139)

## **Adult Sport Conditioning Camp (The Mingler):**

Experience a mix of our TOP Adult classes including Adult Functional Fitness, Sport Core Strength, Anaerobic Sport Conditioning and Recovery and Regeneration.

Day 1 - Adult Functional Fitness

Day 2 - Anaerobic Sport Conditioning

Day 3 - Adult Functional Fitness (45 min) + Sport Core Strength (30 min)

Day 4 - Anaerobic Sport Conditioning (45 min) + Recovery & Regeneration (30 min)

### **Cost:**

\$89 (Early Bird-Register by December 12)

\$99 (Registrations after December 12)



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