



# HUMAN PERFORMANCE

## TURNER FITNESS CENTER

# HP FIT

MONDAY, TUESDAY & THURSDAY  
5:10 A.M.

EVERY SATURDAY  
10 A.M.

\*EFFECTIVE MAY 1



Every class is different with skills, strengths and workouts covering weightlifting, gymnastics and monostructural movements. Get direct feedback in a group setting to get the best sport, life or duty applicable results for your time in the gym. Build a foundation as a beginner or challenge and advance your skills as a more experienced athlete. Sessions are 60 minutes and capped at 20 participants.

# BARBELL CLUB

MONDAY, TUESDAY & THURSDAY  
9:30 A.M.



Familiarize yourself with common barbell lifts, Olympic Weightlifting and accessory movements while increasing your strength. Sessions are 90 minutes and capped at 10 participants.

**All fitness levels are welcome. Participants must be 18 years of age or older (17 if Active Duty).**  
All sessions are first-come, first-served. Sign up at the Front Desk of Turner Fitness Center at no cost.  
No sessions are held on US Holidays.

Visit <https://humphreys.armymwr.com/> for more information or email [sarah.m.wright14.naf@army.mil](mailto:sarah.m.wright14.naf@army.mil).

