

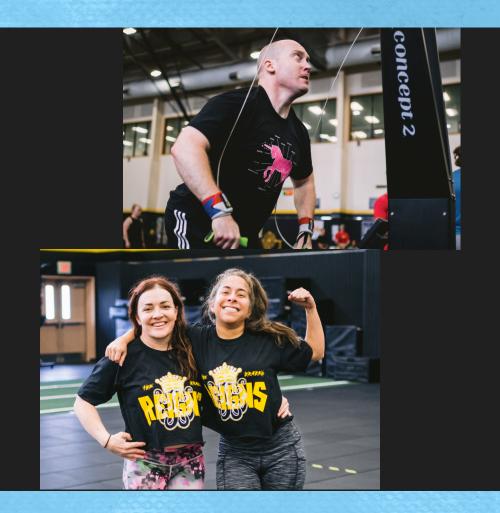
HUMAN PERFORMANCE TURNER FITNESS CENTER

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.







