

HUMAN PERFORMANCE PRESENTS

# MOBILITY STABILITY COORDINATION



# SKILL CLINIC SERIES

TUESDAYS @ 6 P.M.  
JUL 27, AUG 3 & 10

**BODY WEIGHT • RESISTANCE BANDS • BALANCE DRILLS**

Each session is capped at 14 participants.

Attendance for all three sessions is not required.

No pre-registration, first-come, first-served.

## Turner Fitness Center

Participants must be 18 years of age or older (17 years if Active Duty). Check in at the Front Desk of Turner Fitness Center.

