

HUMAN PERFORMANCE SKILL CLINIC



STRETCHING

OPTIMIZING TECHNIQUE

SAT., JULY 31 |
9 A.M. @ TURNER
FITNESS CENTER

There is no such thing as a single, fix-all stretch. Every workout and individuals' emphasis or needs differ. However, there are guidelines and key techniques that can help optimize performance. Cover active and passive stretching, with standing and ground-based techniques in this clinic.

Must be 18 years or older (17 if Active Duty) to participate.
No pre-registration required, first-come, first-served the day of the clinic. Check in at the Front Desk. Participation will be capped at 14.

