



UNIT STRENGTH & CONDITIONING

**MONDAY
through
FRIDAY**
5:30 a.m. - 2 p.m.*

***Units need to schedule with
Will Ratcliffe at (703) 806-4430.**

**Programs designed
for active duty units
of 15-20 soldiers.**

Goals of this program:

- 1** Improvement of PT scores through increased strength, power and endurance capacity.
- 2** Reduction of injury risk/occurrence through improved movement patterns.
- 3** Instruction of proper technique.

**SPORTS
& fitness**

KAWAMURA
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