



LIFE CAN BE TOUGH, SO CAN YOU



TWR is a hands-on program that builds strength, sharpens your mind, and boosts resilience while helping you stay mission ready in every area of life: mind, body, spirit, and social. This class is taught by highly trained professionals dedicated to empowering you with the skills and knowledge to thrive in all aspects of your life.

This **THREE-DAY COURSE** covers a wide range of topics, including:

**Day 1: Peak Performance Fitness**

**Day 2: Performance Nutrition**

**Day 3: Warfighter Resilience**

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