

CLOSE QUARTERS TACTICAL

PINNACLE PERFORMANCE

TACTICAL FITNESS

**ARE YOU LOOKING FOR A CHALLENGE,
PREPARING FOR A TACTICAL CAREER, OR
JUST LOOKING FOR A SOLID WORKOUT?**

The Pinnacle Performance Tactical Fitness program blends a high intensity circuit-based workout utilized by special operations teams and led by Special Operations veterans to provide tactical knowledge and functional strength for real world encounters. The program is broken into 4 weeks and 2 different styles of training. Each week consists of a tactical "MONSTER MASH" or "GRINDER PT" workout & tactical training exercise on either the range, shoot house or sim village. Two levels to choose from, ALPHA for more intense fitness and tactical training and BRAVO for a great introduction into the tactical fitness workout.

\$50 PER
SESSION
4 WEEKS
ONCE A WEEK
2 HOURS
7-9PM

ALPHA Dates: 10/17, 10/25, 11/2, 11/7

BRAVO Dates: 10/18, 10/26, 11/3, 11/8

GEAR LIST: EYE PRO & EAR PRO , RIFLE, SLING W/ RETENTION CAPABILITY, OPTICS,
3 MAGAZINES, PLATE CARRIER(OPTIONAL), WATER, BLOOD, SWEAT & TEARS!

VISIT OUR WEBSITE FOR FURTHER INFORMATION AND SIGN UP TODAY! CQTSports.com