



HITT

**HIGH INTENSITY TACTICAL TRAINING
COMBAT FIT. COMBAT READY.**

HIGH INTENSITY TACTICAL TRAINING COURSE

Semper Fit HQMC Training Course focusing on the High Intensity Tactical Training (HITT) Program. This course includes hands-on training for TRX suspension training, Olympic lifting, kettlebells, dynamic movements and more. These courses are from 0800-1600 each day. A HITT Certificate is given to all participants upon completing the course.

HITT LEVEL 1 COURSE DATES 2017:

Jan 23-27 | Mar 20-24 | May 8-12
Jul 10-14 | Sep 11-15 | Oct 23-27

HITT LEVEL 2 COURSE DATES 2017:

Apr 11-14 | Aug 8-11 | Nov 14-17

LOCATION: Paige Field House, Bldg 1110

WHO: Active Duty and Reserves

UNIFORM: Cammies & Bring PT Gear (Green on Green)

REGISTRATION:

Online: mccsCP.com/getfit

Call: (760) 763-5407/0657

Limited seats available.

Course Application must be completed.

