



HITT

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 completion of the course.

HITT LEVEL 1 COURSE DATES 2018

Feb 12-16 | Mar 26-30 | May 14-18 | Jul 9-13
Sep 10-14 | Oct 22-26

HITT LEVEL 2 COURSE DATES 2018

Apr 17-20 | Aug 7-10 | Nov 27-30

LOCATION Paige Field House, Bldg 1110

WHO Active Duty and Reserves

UNIFORM Cammies & Bring PT Gear (Green on Green)

REGISTER ONLINE OR CALL (760) 763-5407/0657

Limited seats available. Course Application must be completed.



mccsCP.com/getfit