



# 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 2019

Feb 4-8 | Mar 25-29 | May 13-17 | July 8-12,  
Sep 9-13 | Oct 21-25

### HITT LEVEL 2 COURSE DATES 2019

Apr 16-19 | Aug 6-9 | Nov 4-7

**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](http://mccsCP.com/getfit)