



# 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 2020**

Feb 3-7 | Mar 23-27 | May 11-15 | July 13-17  
Sep 14-18 | Oct 19-23

### **HITT LEVEL 2 COURSE DATES 2020**

Apr 14-17 | Aug 4-7 | Nov 3-6

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