



**SEMPER FIT**



**FFI SYMPOSIUM  
NETWORKING  
& EDUCATION**

**Paige Field House**

Bldg 1110

Feb 12, Apr 8,

Aug 12, Nov 18

0900-1200

FFI, HITT Level 1 & 2 Marines

**Hands-on Clinics**

Olympic Lifts, Nutrition,

TRX and More

**To Register Call:**

**(760) 763-0657**

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

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