

WARRIOR ATHLETE

READINESS & RESILIENCE

WARR LEVEL 1 & 2 COURSES

Semper Fit HQMC Training Course (formerly known as HITT) focusing on Warrior Athlete Readiness and Resiliency. 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 WARR Certificate is given to all participants upon completion of the course.

WARR LEVEL 1 DATES 2026

Paige Field House

Feb 2-6, Mar 23-27, Apr 13-17,
Aug 10-14, Sep 14-18

52 Area Fitness Center

Jul 13-17

WARR LEVEL 2 DATES 2026

May 5-8, Oct 20-23

WHO Active Duty and Reserves

TIME 8am-4pm

UNIFORM Cammies & Bring PT Gear (Green on Green)



TO REGISTER CONTACT:

PENfitness@usmc-mccs.org or (760) 763-5407

Limited seats available. Course Application must be completed.

mccsCP.com

MCCS
SEMPER FIT