



# 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 2025

Feb 3-7, Mar 24-28, May 5-9, Jul 14-18,  
Sep 8-12, Oct 20-24

## WARR LEVEL 2 DATES 2025

Apr 15-18, Aug 12-15, Nov 4-7

**LOCATION** Paige Field House, Bldg 1110

**WHO** Active Duty and Reserves

**TIME** 8am-4pm

**UNIFORM** Cammies & Bring PT Gear (Green on Green)

**REGISTER ONLINE OR CALL (760) 763-5407**

Limited seats available. Course Application must be completed.



**mccsCP.com**