

WARRIOR ATHLETE
READINESS & RESILIENCE

GET MAXIMUM RESULTS ON THE CFT!

CFT PREP



JUL 2 - DEC 5
TUESDAYS & THURSDAYS
11AM - 12PM
DEL VALLE FIELD

Improve strength, speed and agility, while learning helpful techniques to perform fundamental CFT movements.

INFO: warriorathlete@usmc-mccs.org
or (760) 830-3807.

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MCCS
SEMPER FIT