



BODY COMPOSITION PROGRAM

**0500-0800
MCAS FITNESS CENTER**

**SET UP A UNIT PT FOR BCP MARINES, TO
IMPROVE LEAN BODY MASS, AND PROMOTE
LOSS OF BODY FAT.**

**CONTACT HUMAN PERFORMANCE COACH ADAM DALTON TO RESERVE
A TIME: 843-228-7192 OR ADAM.F.DALTON@USMC-MCCS.ORG.**



Disclaimer: No Federal or DoD endorsement implied

