

# WARRIOR TRAINING FUNDAMENTALS

**STARTING 3 SEPTEMBER  
EVERY FRIDAY 1130-1230  
MCAS FITNESS CENTER**

A two part class,  
combining light  
weight, body weight,  
and sleds for a  
challenging HIIT style  
workout!

Active duty, retirees, and  
dependents are welcome.

For more information:  
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or 843-228-6374

