

▶ ACTIVE DUTY DAILY H.I.T.T.

MCAS BEAUFORT HITT CENTER
MONDAY-FRIDAY
1130-1230 AND 1630-1730

Open HITT workouts
hosted daily by the
strength and conditioning
staff of MCAS Beaufort.

FOR MORE INFO:
sc.fitness@usmc-mccs.org
843-228-7192
843-228-6124



Willy Tee's



Disclaimer: No Federal or DoD endorsement implied