

SCORE THAT 300 ON YOUR NEXT PFT!

WARRIOR ATHLETE
READINESS & RESILIENCE



**PFT
PREP
CLASS**

JAN 16 - JUN 27 TUESDAYS & THURSDAYS 11AM - 12PM DEL VALLE FIELD

Learn the fundamentals of pull-ups, plank and running to help you succeed this year's PFT.

For more information, contact
warriorathlete@usmc-mccs.org or (760) 830-3807.

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