

MILITARY TRAINING



EXPRES Readiness

This class is designed to help you achieve your fitness goals; pass your EXPRES Test or reach your Incentive level. EXPRES-specific training with a high focus on cardio, core & upper body. Everything from shuttle pyramids to interval training!

M/W/F 1330-1430

◆◆ MILITARY MEMBERS ONLY ◆◆



**A high intensity
metabolic conditioning session**

Combat Fitness workout (Cross-Fit style) that will allow you to set personal bests on challenges based on time or rep/set basis. This workout will help you progress your fitness level and produce a combat ready CF Member.

Tuesday 1615-1700

Military PT

Start your day off with a combined Unit PT session! You will get a great workout with a variety of activities including strength, cardio and circuit training. Improve your fitness with this instructor-led class.

Thursday 0700-0800

