

SERVING MILITARY MEMBERS ONLY!

OPEN PHYSICAL TRAINING

Where: Fieldhouse 1

When: Monday and Friday 0800 - 0845hrs



Our instructors will offer a variety of different classes.

These may include:

- **Upper Circuit**
- **Lower Circuit**
- **Speed and Agility**
- **Strength**
- **FORCE Test Prep**
- **Bodyweight**
- **Kettlebell**
- **Core**
- **Tactical Athlete**

Please note that this is not to be used for Unit Group PT bookings. Please contact Fitness Coordinator Michael Tabor for Unit PT bookings.

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