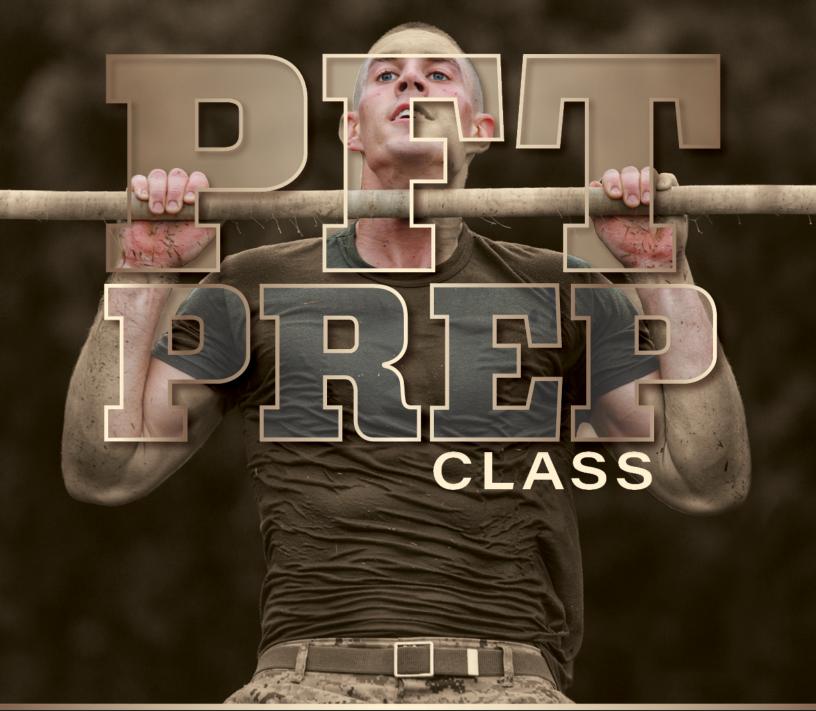
## SCORE THAT 300 ON YOUR NEXT PFT!





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.



