MCRD San Diego: HITT Instructor Led Sessions

Open to all active duty or reservist ONLY. Daily HITT sessions will allow Marines and supporting military personnel the opportunity to train in a highly motivated group setting. All HITT sessions will be led by our qualified strength and conditioning coaches. Instructor led HITT sessions will be available to the first 20 patrons.

HITT UNIT PT Reservations

The HITT Center can accommodate individual unit PTs led by our HITT Instructors upon approval from the HITT Coordinator. MCB Quantico offers a shadowing program which allows all HITT Level-1 and 2 instructors to utilize the facility for their units outside of MCCS operating hours. This also requires prior approval by the installation HITT Coordinator.

ALL RESERVATONS MUST BE MADE AT LEAST 10 DAYS IN ADVANCE*

Open Gym

Patrons unable to attend an instructor led HITT session can train during posted open gym hours. If you have any questions or concerns our highly qualified strength coaches are happy to assist you.

Open Gym Times: CALL FOR TIMES HITT Locker Times: CALL FOR TIMES

MARINES PARTICIPATING IN HITT HAVE PRIORITY OVER EQUIPMENT AND SPACE IN THE HITT CENTER AND IS SUBJECT TO THE INSTRUCTOR'S DISCRETION

HITT Train the Trainer Courses

HITT Level-1 candidates will learn about HITT methodology, basic exercise physiology, nutrition, programing, injury prevention, and functional fitness/ combat conditioning modalities. HITT Level-2 candidates will cover advanced exercise techniques, biomechanics of movement, and theory of programming. Successful graduates of the course are certified to conduct daily HITT sessions for his or her unit. This course falls in line with MCO 6100.13 and will facilitate training as the Unit CCI. Seats should be offered to Marines who conduct Unit PT sessions. All candidates must submit the appropriate application and health history question (found under the RESOURCES tab) to the installation HITT Coordinator.

2017 HITT Train the Trainer Course Schedule: CALL FOR TIMES

HITT Level 1 Course: CALL FOR TIMES

HITT Level 2 Course: CALL FOR TIMES

***Marines interested in attending HITT train the trainer courses must meet the following criteria**

Currently has a 1st class PFT and CFT Off light duty for at least 60 days

AD and Active Reserve only Application signed by command

ALL APPLICATIONS MUST SUBMITTED 14-DAYS PRIOR THE START DATE OF THE COURSE