

# Functional Fitness

**1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month**  
**1130 - 1230**  
**Fitness Center**

REFINE  
YOUR  
LIFTING  
TECHNIQUE

Get in a high intensity functional workout in this one hour class.  
Class includes a warm up, skill practice and workout.

*Meet on the grass area by the pull up bars*

## **Sign up now! Contact:**

Andrea Callahan, Health Promotion Coordinator  
619.524.8913 or email [CallahanAL@usmc-mccs.org](mailto:CallahanAL@usmc-mccs.org)

Lowell Muenchau, Single Marine Program Coordinator  
619.524.8240 or email [MuenchauL@usmc-mccs.org](mailto:MuenchauL@usmc-mccs.org)



Open to active duty  
service members only

