

# ACFT Prep

Is designed to help improve movement, strength/endurance, cardio and agility to help you complete the ACFT. Classes are held on Tuesday (Strength), Wednesday (Circuit) and Thursday (Conditioning) at 0630. First come first serve.  
Contact Tim Agan for more information at 719-524-2411 or [timothy.j.agan3.naf@mail.mil](mailto:timothy.j.agan3.naf@mail.mil)




**Tuesday:** Over all Strength Group Exercise Room or BB Court


**Wednesday:** Circuit Group Exercise Room or BB Court

A combination of different exercises to improve overall fitness and coordination.

**Thursday:** ACFT Run through...BB Court or Outside (Depending on Weather) Learn where you Strengths and Weaknesses are.



 More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)

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 Ivy Fitness Center  
6415 Specker Ave, Building 1925  
Fort Carson, CO 80913