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

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.







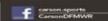
















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