

HITT Center & SF Satellite Fitness Center

High Intensity Tactical Training

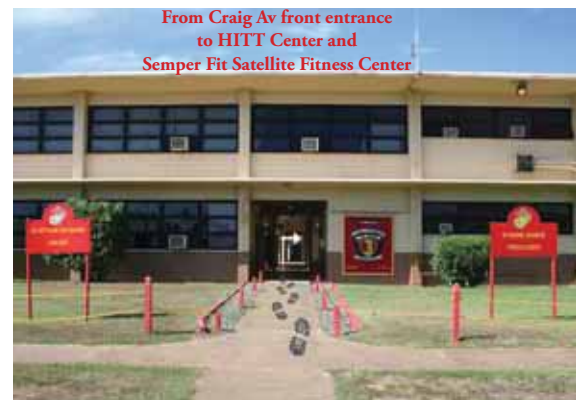
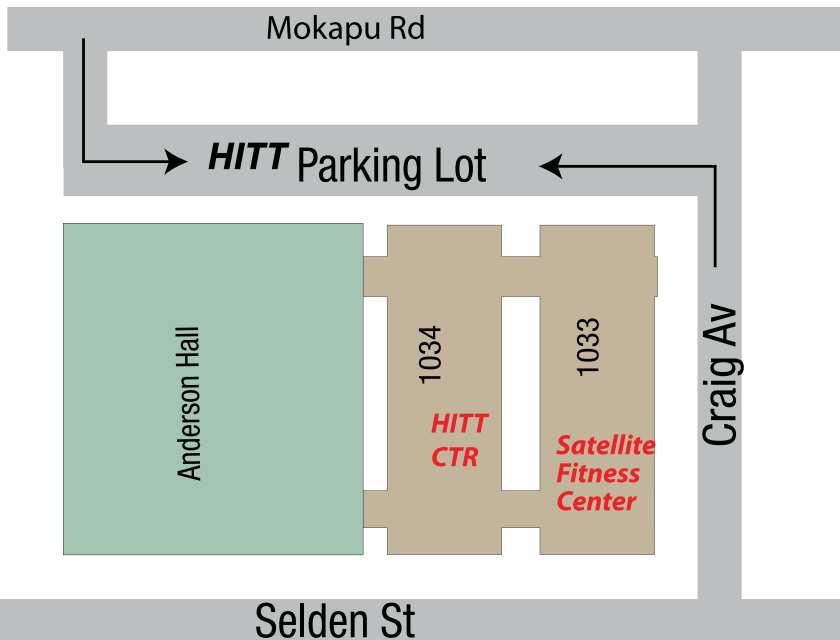
Where the Warrior and Athlete become one!



Enhance your functional fitness with combat-specific strength and conditioning training at the HIT Center. Work on endurance, speed, agility, strength, and power with kettle bells, TRX units, lifting platforms and more.

Located ground floor, Bldg. 1034 – next to Anderson Hall.

Map not to scale



Visit the Satellite Gym in Bldg. 1033 for
 HITT CENTER access. Mon-Fri 0600-2100
 For inquiries call 254-7597
 or 254-7594

