

INCREASE YOUR

strength

endurance

power

HYPOXICO HIGH ALTITUDE TRAINING



HEADING TO A MOUNTAINOUS AREA AND WANT TO PREPARE YOUR BODY FOR THE ALTITUDE CHANGE?

WANT TO DECREASE YOUR CARDIO WORKOUT TIME WITH THE SAME BENEFITS?



Hypoxico High Altitude Training trains you at sea level as though you were training in the mountains at 21,000 feet by increasing your aerobic capacity and conditioning your fitness level. Contact the personal training office to set up an appointment.

Free to authorized ID card holders: Active Duty and their family members; retirees; MCCS and DoD employees.



Training is provided at all the Semper Fit Fitness Centers:

FRENCH CREEK 451-0471 • AREA 201 451-0823 • COURTHOUSE BAY 440-7455
TARAWA TERRACE 450-1682 • CAMP JOHNSON 450-1343 • CAMP GEIGER 449-0616