

2D MLG HUMAN PERFORMANCE CENTER

JULY SCHEDULE

Workout of the Day
Monday-Friday
1100-1200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1100-1300: Nutrition Office Hours	2	3 1000-1100: Accessory Workout for the Upper Body	4 96 Liberty	5 96 Liberty
8 1100-1300: Nutrition Office Hours	9 1000-1100: Hiking Optimization	10 1000-1100: Accessory Workout for the Lower Body 1200-1300: Body Composition Optimization	11 0800 – 0900: Mobility & Stability 1000-1100: Core 101	12 0900-0930: Women's Wellness Workout 1000-1030: Recovery-Lower Body 1100-1200: Corpsman Education
15 1100-1300: Nutrition Office Hours	16 0800-0830: Talk like Doc 1200-1300: Stress Management/ Relationships	17 1000-1100: Accessory Workout for the Upper Body 1100-1200: Make Your Own Macros 1200-1300: Character Development 101	18 0900-1000: Core 101 1000-1100: Adapting for Health and Sleep Wellness	19 All are Invited to: Fittest of 2d MLG! 0800-1200
22 1100-1300: Nutrition Office Hours 1200-1230: Taping 101	23 0900-1000: FFI Sync 1130-1230: "Living Christian Values in a Secular World"	24 1000-1100: Accessory Workout for the Lower Body 1200-1300: Body Composition Optimization	25 0800 – 0900: Mobility & Stability	26 1000-1030: Recovery-Foam Rolling/Stretching
29 1100-1300: Nutrition Office Hours	30 1000-1100: Women's Wellness, Workout	31		

Classes are held at the 2d MLG Human Performance Center, Bldg 500, 512 N St., Camp Lejeune.

Classes are open to **ALL** Marines and Sailors of 2d MLG.

To schedule a group session with the HPC Team please call 910-451-5858 or email 2DMLG_HPC@usmc.mil.