Unit PT

Tired of your same old morning PT routine? Tired of being stuck in the gym? Get a high full-body workout that's not light on the intensity! Swim laps, play water polo, engage in water exercise; there are so many options when working out at the pool. Instructors are also available to assist with stroke improvement as well as helping form a strong base of the fundamentals of swimming.

Sign your unit up for a PT at the pool. Monday through Friday 0530-0730 & 1100-1245. Space is limited so schedule your PT early.

For more information on scheduling your unit's PT at the pool please contact the Quantico 50M Pool at quanticoaquatics@usmc-mccs.org or 703.784.2973

Water Exercise

18 June - 12 August, Monday-Thursday 1130-1230

Come join our trained water exercise instructors for a fun way to exercise. Our low impact aquatic fitness program will help individuals of all fitness levels develop an exercise routine that provides a balanced mix of cardio and toning exercises. It is an enjoyable and easy way to exercise those tired muscles and joints. Due to the low impact nature of water exercise, individuals with arthritis or back problems can benefit greatly. For more information, call the Quantico Physical Fitness Department at 703-784-2339.