

WARR PHASE I & II

WARR Center at Gunners Fitness Center



PHASE I

Prenatal Training

Tuesday & Thursday
11:30 a.m.–12:30 p.m.

Performance-based fitness training, promoting safe and effective exercise throughout pregnancy. Accommodating each trimester.

PHASE II

Postpartum Recovery

Monday, Wednesday & Friday
11:30 a.m.–12:30 p.m.

Postpartum rebuilding, focusing on functional recovery, core and pelvic floor stability as well as gradual return to operational readiness.



Open to active-duty personnel only.
Continuous enrollment.