

MCCS Health Promotion Unit PT Request Form

Submit a Unit PT Request To: mccshealthpromotions@okinawa.usmc-mccs.org

We require 2 weeks notice for requests

POC/ Training Officer Name	
POC Phone	
POC Email	
Unit Name	
Location	
First Proposed Date / Time	
Second Proposed Date / Time	
Third Proposed Date / Time	

Type of Unit PT:

- HITT Yoga Spin Mixed Fit
 Zumba Amp-It Modality Clinic (Kettlebells, Speed/Agility etc...)

Expected Number of Participants:

- 2-5 5-10 10-25 25-50 50-80 80-100
 100+ 150+ 200+ Other

Preferred Location of Brief:

- HITT Park Track Unit Location Softball Field
 HITT Porch Other

Comment: