



Fitness Challenge

The Springfield Police Department, in partnership with the YMCA, are presenting a Fitness Challenge. A 7- week program designed to help individuals prepare for the physical agility test required for becoming a police officer or for those interested in improving their current level of physical fitness.

The program will be led by a personal trainer that will help you build endurance, strength and overall physical performance.

dates: August 9 - September 22, 2010

location: Pat Jones YMCA

times: M/ W 6:00-7:00pm

fee: \$35.00 YMCA members

\$52.50 All other participants

You may sign up after the start of the program, cost will be pro-rated

Late registrations will only be accepted at the Jones Welcome Center

Sign-up at the Pat Jones YMCA Welcome Center

1901 E Republic Rd

or on-line at orymca.org

program code: 02FIYPAC

session code: 10AUG

For additional information contact:

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