



Fitness Challenge

The Springfield Police Department, in partnership with the YMCA, are presenting a Fitness Challenge. A 10-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: June 7 to August 13, 2010
location: Pat Jones YMCA
times: M/ W 6:00-7:00pm
fee: \$50.00 YMCA members
\$75.00 All other participants

Sign-up at the Pat Jones YMCA Welcome Center
1901 E Republic Rd
or on-line at orymca.org
program code: 02FIYPAC
session code: 10JUN

For additional information contact:
Julie Oeser, 417-881-1599 x 115
joeser@jonesymca.org