



POLICE FITNESS CHALLENGE

Pat Jones YMCA

The Springfield Police Department, in partnership with the YMCA, is presenting a Fitness Challenge, an 8-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: April 18th- June 8th
location: Pat Jones YMCA
times: M/ W 5:30-6:30pm
fee: \$50.00 YMCA members
\$100.00 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: 02FIAPAC
session code: 11APR

For additional information contact:
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