



FIRST RESPONDERS FOUNDATION PHYSICAL HEALTH / FITNESS

Membership and Classes

Open Gym:

Cost is \$30/month. Schedule: 24/7 outside of scheduled classes.

Respond Stronger Group Fitness:

Cost is \$60/month. Schedule: Monday through Friday 5:30AM and 5:30PM.

Monday, Tuesday, Thursday & Friday, 6:30PM

Respond Stronger for Spouses Only:

Cost is \$60/month. Schedule: Monday through Friday at 9AM.

Yin Yoga:

Cost is \$60 for a 4 punch pass that is good for 45 days or \$20 drop in fee.

Schedule: Wednesday's from 6-7PM

Yoga for First Responders "FRY":

Free Schedule: Last Tuesday of each month (except Dec.) 6:15-7:15PM.

Rock Solid For Jesus:

Cost is \$25 per 12 week session. Schedule: Saturdays 10:00-11:30AM for First Responders and family members, 18 years and older.

Nutrition Certified Coaching:

Cost starts at \$69/month. A personal coach will guide you on your journey to better health.

Family Plan:

Cost is \$90/month. Gives access to fitness center and all classes to member and up to 4 immediate family members.

One time cost for non-members for fitness center and classes is a \$20 drop in fee.

To register and for more information visit
www.firstrespondersfoundation.org or contact Adam Tripp
adam@firstrespondersfoundation.org or 402-788-1574

