



**First Responders Foundation
Physical Health / Fitness**

OPEN GYM

Group classes not your thing?

We have you covered! The Physical Health Center is open 24/7 with key card access. The gym and equipment is available to you outside of the scheduled group classes for your fitness needs. Our facility provides a variety of functional fitness and strength and conditioning equipment that includes pull up rigs, kettle bells, dumbbells, along with equipment for the squat, bench, and deadlift.

**\$30/month For more information contact
adam@firstrespondersfoundation.org or
call 402-788-1574.**

To register::

<https://frf.pushpress.com/open/subscribe/hovn>

