



RESPOND STRONGER GROUP FITNESS

INSTRUCTOR KRYSTINA ERNESTI

**CrossFit Level 1 Coach and Online Programming,
USA Weightlifting Level 1 Coach, Burgener Strength Coach**



The job of a First Responder is both physically and mentally demanding. This 60-minute group strength and conditioning class combines weightlifting and endurance training and is designed to help you respond stronger during the call and after the call as well. An expert coach will be there to guide you through the workout and is open to all levels of fitness. Free trials and free consultations are available upon request.

Monday, Wednesday, & Friday at 5:30AM

Cost is \$55/month

**Includes Open Gym Membership with
24/7 Access to the Wellness Center and All Classes
(excluding yoga)**

**For questions contact Adam Tripp Director of Physical Health /
Fitness, First Responders Foundation, Free Weights & Freedom
adam@firstrespondersfoundation.org or call 402-788-1574**

**To register:
<https://frf.pushpress.com/open/subscribe/x84x>**

