



FIRST RESPONDERS FOUNDATION PHYSICAL HEALTH / FITNESS

Membership and Classes

Open Gym Membership

Cost is \$30/month with 24/7 key card access to the Physical Wellness Center.

Respond Stronger Group Fitness:

A 60-minute group strength & conditioning class that combines weightlifting and endurance training. Offered multiple times a week.

Cost is \$55/month & includes an open gym membership with 24/7 key card access.

Law Enforcement JiuJitsu Training

Arrest and control tactics training by specially trained police instructor Brian Bonifas. Offered multiple times a week. May be used for continuing education credit.

Personalized Nutrition Coaching:

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

The mission of the First Responders Foundation is to serve and honor all our First Responders, Veterans, and their families, build appreciation and respect for their work, and enhance public safety.



Free Quarterly Nutrition Class:

Offered at various times during the quarter

Yoga:

A variety of Yoga Classes are offered throughout the month. Cost varies.

Free First Responders Community Workout:

Offered on a variety of Saturdays each month.

Rock Solid for Jesus:

An independent class designed to empower people to live spiritually and physically fit lives. Includes a workout & devotional. 12-week sessions held on Saturdays.

Family Plan:

Cost is \$90/month. 24/7 access to the Physical Wellness Center and all classes to member and up to 4 immediate family members.

Drop-in cost for non-members for Physical Wellness Center and classes is \$20.

In person and virtual opportunities available.

For membership and for more information visit www.firstrespondersfoundation.org or contact Dir. Adam Tripp adam@firstrespondersfoundation.org or call 402-788-1574

