



Academy Challenge Physical Fitness

- Dates:** September 22 – October 22, 2009
- Days:** Tuesday, Wednesday, Thursday (5 weeks)
- Time:** 6:00 PM – 8:00 PM
- Tuition:** \$150.00 Public
\$125.00 City/County/Law Enforcement/Fire Personnel
- Location:** Stanislaus County Sheriff's Regional Training Center
3805 Cornucopia Way, Modesto, CA 95358

- Want to take the first steps to fitness but don't know where to begin?
- Want to improve your physical condition before joining the Academy?
- Need motivation to get out of your workout rut?

Whatever your goals, **Academy Challenge Physical Fitness** will jump start your fitness program. Our instructors are certified law enforcement instructors who specialize in training our Academy recruits. At the beginning the instructors assess each persons health & fitness. These measurements allow participants and instructors to measure progress over the course of the session. It is conducted in an outdoor/indoor environment, utilizing a military-style format, coupled with the most innovative and creative exercises in fitness. Each day is a different rigorous workout! All workouts include but not limited to cardio training, endurance, strength training, flexibility, core fitness, obstacle course as well as team building exercises. Whether you work out daily or haven't worked out since high school the Academy Challenge Physical Fitness is for all fitness levels.

Dress: Clothing suitable for strenuous physical activity and running shoes.

Registration Information:

To register for the challenge, please complete the course registration form online or contact the training center @ (209) 525-4701. www.sheriffstraining.org