

Date: Friday, 10/18/24 @ 0800

Location: 3770 Yost Dr.

Salina, KS 67401

Host agency:

Salina Police Department



FIT FOR DUTY

with Monica Crawford

8 HR + 2 MH CLEET CREDIT

- Create the body and command presence you can be confident in.
- Build your own workout plan so you never lose a foot pursuit or ground fight again.
- Implement shift work nutrition strategies to build muscle and burn fat.
- Police, Dispatch, Fire, and EMS welcome!

Enroll at:

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*THE WICKED FLEE WHEN NO ONE PURSUES,
BUT THE RIGHTEOUS ARE BOLD AS A LION,
PROVERBS 28:1*