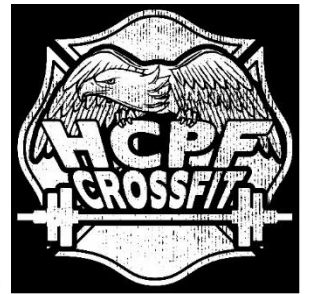




PUBLIC SAFETY FITNESS PROGRAMMING



**WE DON'T
QUIT**

SEPTEMBER & OCTOBER 2018

September 2018

Important Notices	Monday	Tuesday	Wednesday	Thursday	Friday
9/3 County Holiday	3 Labor Day.	4 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	5 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	6 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430	7 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 HPD RA 68 PT 1530-1630
9/12 SO DT 0900-1630 9/12 Classes Outside Weather Permitting	10 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530 HFD RA 71 PT 1530-1630	11 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	12 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530 HFD RA 71 PT 1530-0900	13 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430	14 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130
9/19 HPD In-Service 9/18-9/21 Classes Outside Weather Permitting 9/21 TSAC TBA	17 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530 HFD RA 71 PT 1530-1630	18 HFD Fitness Testing 0930-1130 CrossFit 1500-1600 HPD RA 67 PT 1530-1630	19 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	20 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430 HPD RA 67 PT 1530-1630	21 HFD RA 71 PT 0800-0900 TSAC 1030-1130 TBA
9/24-9/28 Classes Outside Weather Permitting	24 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530 HPD RA 67 PFA 1400-1630	25 HFD Fitness Testing 0930-1130 CrossFit 1500-1600 HPD RA 67 PT 1530-1630	26 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	27 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430	28 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 HPD RA 67 PT 1530-1630

October 2018

Important Notices	Monday	Tuesday	Wednesday	Thursday	Friday
10/2-10/4 HPD RA DT 10/2-10/4 Classes Outside Weather Permitting	1 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	2 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	3 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	4 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430	5 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130
10/8, 10/10-10/12 HPD RA DT Classes Outside Weather Permitting	8 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	9 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	10 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	11 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430	12 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130
10/15-19 HPD RA DT No CF 10/15, 10/18 No AM TSAC 10/15 All Classes Outside Weather Permitting	15 HFD RA 71 PFA 0800-1100 TSAC 1430-1530 HPD RA 67 PT 1530-1630	16 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	17 HFD RA 71 PT 0800-0900 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	18 HFD Fitness Testing 0800-1200; 1500-1700	19 CrossFit 0930-1030 TSAC 1030-1130
10/22 PM Classes Outside Weather Permitting	22 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530 HPD RA 67 PT 1530-1630	23 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	24 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	25 HFD Fitness Testing 0800-1200; 1500-1700 CrossFit 1330-1430	26 CrossFit 0930-1030 TSAC 1030-1130
	29 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530	30 HFD Fitness Testing 0930-1130 CrossFit 1500-1600	31 CrossFit 0930-1030 TSAC 1030-1130 TSAC 1430-1530 HPD RA 68 PT 1530-1630		

HCPF CrossFit & Tactical Strength & Conditioning (TSAC) Programs

To focus on injury prevention and job performance optimization, we apply appropriate and effective strength and conditioning strategies for our tactical sworn personnel. Our training methods aim to bridge the gap between job specific requirements and physical fitness for Henrico County Deputies, Firefighters, and Police Officers. We strongly believe that as our tactical personnell's quality of life is enhanced, they will be both mentally and physically equipped to serve the County of Henrico.

Learn more about HCPF CrossFit and TSAC at <https://henricocrossfit.wordpress.com/about/> and <https://henricotactical.wordpress.com/about/>

Henrico Police & Henrico Fire Recruit Academy Physical Training

The Fitness & Wellness Division collaborates with both the Police & Fire Training units on basic recruit academy physical training programs. It is a structured fitness preparatory plan designed to develop the tactical personnell's specific needs required for job performance optimization and injury prevention.

Henrico Fire Fitness Testing

The Fitness & Wellness Division conducts annual comprehensive physical fitness evaluations for all Henrico Firefighters.

Public Safety Fitness Team SharePoint Site Coming Soon! Stay tuned for details.

Fitness & Wellness policies do exist for the Public Safety divisions' sworn personnel. Please clarify such policies with your Division's Personnel Office.

All Classes are held at the Henrico County Training Center Multipurpose Room 7701 E. Parham Road, Henrico, VA 23273-0775
Employee Portal (<http://employees.henrico.us/>) → Employment Category → My HealthTrip → Public Safety Fitness