CAREER FIT(NESS)

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

CENTER FOR CAREER & PROFESSIONAL DEVELOPMENT

LIMITED SUMMER SERIES | WEDNESDAYS AT 12PM

Free virtual at home workouts led by our employer partners in Law Enforcement across the country, designed to prepare you for physical agility tests while getting a great workout from the comfort of wherever you are!

Wednesday, July 3, 2024
New York State Police

Wednesday, July 10, 2024
Chesterfield County Police Department

Wednesday, July 17, 2024
Fairfax County Police Department

Wednesday, July 24, 2024
Metropolitan Police Department

Wednesday, July 31, 2024
Metropolitan Washington Airports Authority Police Department

REGISTER
jjay.cc/CareerFitness24

Be sure to register in advance to obtain Zoom link!

INTEREST IN LAW ENFORCEMENT IS NOT REQUIRED | NO EQUIPMENT NEEDED