



# Elgin Police Department

## **Fitness for Duty**

### Training Class



The Elgin Police Department will be hosting a Fitness for Duty training class. This class will run for one week and can be attended by anyone 21 years of age or older who are interested in applying for the position of police officer.

**May 20th - 24th from 5:00 p.m. - 6:30 p.m.**

**Location: Elgin Police Department  
151 Douglas Ave Elgin IL 60120**

**Testing Soon!!  
Visit our website for more information**



**CARDIOVASCULAR  
EXERCISES**



**STRENGTHENING AND  
STABILITY EXERCISES**

**Scan to register for this  
event or visit:**

**<https://www.joinelginpd.com>**

