

UPSTATE NEVADA

Class Schedule

Monday - Friday

5:00 - 6:00 AM

6:00 - 7:00 AM

8:30 - 9:30 AM

12:00 - 1:00 PM

3:30 - 4:30 PM

4:30 - 5:30 PM

5:30 - 6:30 PM

Saturday

8:00 - 9:00 AM

9:00 - 10:00 AM

Sunday

8:00-9:00 AM

Free classes for all EMS professionals during EMS week (May 18-May 22).

Function Fitness for First Responders:

As a non-profit founded and operated by first responders, we have two goals. The first is to give you the program and coaching to be **physically strong** so you can have the strength and confidence to lift patients safely, without injuring yourself. The second is to provide an outlet for you to sweat out the hard calls, and be surrounded by a **community** of people who support and appreciate you. As a gym of first responders, many of them know that your job is just as hard **mentally** as it is physically. We want to support you through it.

Scan the QR code to see Alyx Jackson's testimonial on how our community can support you, physically and mentally.

