

LawFit Fitness Leadership Workshop (19 May – 20 May 2026)

The Central Virginia Criminal Justice Academy, in partnership with LawFit/FireFit, LLC is pleased to announce a two-day **LawFit Fitness Leadership Workshop** (19-20 May 2026) in Lynchburg, Virginia. Sessions will be held (0800-1700 Hours) at the Academy, 1200 Church Street, Lynchburg, VA 24504.

The comprehensive two-day **LawFit Training Workshop** is a hands-on, experiential approach that motivates fitness leaders in the LawFit Program to lead by example and reinforces the fact that any successful fitness program must have the active support of senior management. The workshop is open to all law enforcement personnel.

To enhance instruction, the two-day workshop consists of ten two-part Sessions (Activity and Instructional). Each activity component allows officers to apply, in a practical manner, the concepts they are learning.

Course prerequisites: Participant is fit for full duty as a law enforcement officer and is physically able to participate in the LawFit Fitness Leadership Workshop activities. The workshop's physical activities include, but are not limited to, a one-repetition maximum bench press, maximum repetition push-up test, 60-second sit-up test, sit & reach flexibility test, maximum repetition pull-up test, a weighted pull-down test, 1.5-mile run, and 154-yard suspect pursuit and apprehension. This training may have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants.

You must attend the entire two-day course (0800 - 1700) to receive Fitness Leader Certification.

Fitness Leadership Workshop Registration Fee: \$600.00 per person. For registration information go to the LawFit Website: www.lawfit.org or contact: dbever@lawfit.org (Ph: 703-424-6154).