



PHYSICAL FITNESS TEST

EARN TIME OFF **WITH PAY**

SPRING TEST DATES

MAY 13TH , 14TH & 15TH

MAY 20TH , 21ST & 22ND

Location

Jones Park-1502 MLK JR Blvd. or
Recreation Center-516 Montrose St.

Time

7:30 am or 5:30 pm

THREE TEST OPTIONS TO CHOOSE FROM!

- Traditional Physical Fitness Test
- Cycling and Muscle Endurance Test
- Rowing and Muscle Endurance Test

HOW MUCH TIME OFF CAN I EARN?

Up to 18 hours- Spring Test
Up to 18 hours- Fall Test

REGISTRATION REQUIRED

Register online
or contact Parks and
Recreation (0250)

 **REGISTER NOW**



 **SCAN ME**



PHYSICAL FITNESS TEST OPTIONS


*Select only
one option*

1. TRADITIONAL PHYSICAL FITNESS TEST
(Walk or run and Muscle
Endurance)

**2. CYCLING AND MUSCLE
ENDURANCE**

**3. ROWING AND MUSCLE
ENDURANCE**



EMPLOYEE ONLINE REGISTRATION

All City employees can register for the traditional physical fitness test or alternatives online via Teamsideline. Employees without access to the internet can call the department to register.

Employees without email or online registration access, please call 936-633-0250 to schedule your fitness test.