



The Fit Blue Line



Thank you officers for showing courage every day. We don't take for granted that you take on the risks so we can live freely and confidently. —Mary



Our officers mean so much to our community. The voices of the dissenters in *not* what's in *our* hearts. We thank you for performing your duties with unheralded ethics and honor. — Jarod, Bryn, Jake



I am praying for your safety.



Thank you to all FP police officers for putting your lives on the line for all of us. A special thank you to your families, as well.

— James



Thank you, officers, for keeping the peace. I back the blue. — Jacob



You impact our lives every day in seen and unseen ways. We thank you for all of them. God bless your work and home. — Justine



My interactions with the FPPD are always superb! So thankful they protect us all, citizens and businesses alike.

— Rob

Enjoy your big meal and then hit the gym on Friday. **We're open at 6 a.m.** Getting back on track immediately keeps you from falling off the workout wagon. Take advantage of the cooler weather and use our outdoor gym. This 'no equipment' workout will have you feeling great!

Repeat the circuit a total of 3 times.

- 30 Jumping Jacks
- 10 Pushups
- 10 Burpees
- 1-min Mountain Climbers
- 1-min Side-Plank each side
- 15 Squat Jumps
- 10 Pike Pushups
- 3 10-sec Sprints
- 15 Reverse Crunches

BLACK FRIDAY

SPECIAL!

11/27 from 6a-12p

ONE YEAR—

only \$149



We have GIFT CERTIFICATES!



November Competition

We want to see YOU and your families! The challenge is...

When 20 employees, friends/family of the Police Department stop by for the Try-athlon, we're buying lunch for YOU in December!

NOVEMBER 14th
9am – 12pm
FREE CHILDCARE

WE BACK THE BLUE

A Prayer for You

Oh Almighty God, watch over all policemen and law enforcement officers. Father in Heaven please give them the strength, courage and perseverance to endure the unjust condemnation, danger, and physical abuse to which they are at times subjected. We commend them to your loving care because their duty is dangerous. Dear God, grant these brave men your almighty protection. Unite them safely with their families after duty has ended.

2 Samuel 22:31 NLT

"God's way is perfect. All the Lord's promises prove true. He is a shield for all who look to him for protection."