



2019 Candidate Work-Out Schedule P.O.W.E.R. Test (Practice Sessions)

If you applied for the position of Police Officer and are preparing to take the Peace Officer Wellness Evaluation Report (P.O.W.E.R.) test then, this is for you!

The Chicago Police Department will be hosting FREE work-out sessions at the Chicago Police Training (see schedule below). No registration is required.

To participate:

1. Be a current Police Officer applicant
2. Complete a waiver form (forms are available on-line and on-site)
3. Wear appropriate gym attire (gym shoes, no sheer or revealing clothing).

Work-Out Sessions: (Core Strength, Flexibility) No Prep Sessions for October

Month	Day	Dates	Location	Address	Time
September	Monday, Wednesday	9, 16, 23, 30 11, 18, 25	Chicago Police Academy	1300 W. Jackson Blvd. Chicago, IL	6:00-8:00 pm
October	NO	PREP	SESSIONS	FOR	OCTOBER

Email us with any questions at: CPDNEWHIRE@chicagopolice.org
Visit our website at: <https://home.chicagopolice.org/bethechange/>