From: **Amanda Jenkins** <[ajenkin2@mail.umw.edu](mailto:ajenkin2@mail.umw.edu)>  
Date: Wed, Feb 22, 2012 at 2:39 PM  
Subject: Gym Membership, Effective March 1  
To: Fredericksburg Rescue Squad Secretary <[frs.secretary@gmail.com](mailto:frs.secretary@gmail.com)>

**Hey Everyone,**

**Just as an FYI our gym membership with Gold's Gym is effective March 1, 2012!!!**

**So, make your plans to go. For a brief reminder of the rules we have in place, see below!**  
  
**Gym-usage rules:**

* **You are encouraged to staff an ambulance while working out. You are not to respond to calls in gym attire.**
* **You must ust wear an FRS shirt while at the gym (ON or OFF duty), with a respectable bottom. (IE no booty shorts) Remember you are representing FRS.**
* **In order to gain entry in or out of uniform you must show your FRS id, and sign in with the front desk.Then you have full access to the gym.**
* **You are allowed to take classes. I encourage you to contact other members to see if they are interested in doing the class with you etc.**
* **Also, each member has two free personal trainer sessions available to them(speak with the front desk for more details).**

**Gym Hours:   
Monday-Thursday: 04:00AM-11:00PM  
Friday: 04:00AM-09:00PM  
Saturday-Sunday: 06:00AM-06:00PM**  
  
**Classes:  
The below link is to a calendar of all the classes at the Fredericksburg location:**[**http://www.goldsgym.com/gyms/virginia/fredericksburg/847/class-schedule**](http://www.goldsgym.com/gyms/virginia/fredericksburg/847/class-schedule)  
  
  
**Any questions, feel free to ask me.**

**P.S There is plenty of room for people to sign up for the competitions if you are interested! We only have a few teams at this point, so, find a partner and sign up for an easy chance to win prizes by being the Biggest Loser (as in weight!) or the biggest Muscle Monster!**

**Thank you,   
Amanda Jenkins,   
FRS Sergeant**

[**ajenkin2@mail.umw.edu**](mailto:ajenkin2@mail.umw.edu)

**804-456-8229**

**From June 5, 2012 Business Meeting**

New Business:

Amanda Jenkins - Gym Competition

• 22 different people used the gym

• Motion to continue gym membership (1st Amanda Jenkins, 2nd Tyler Williamson)

for one year.

• Awards presented to Biggest Losers and Muscle Monsters