

## **GVSU MCOLES Physical Fitness Testing**

All testing dates are limited to 20 participants.

The Physical Fitness Test will be held at the GVSU Police Academy on the Frederik Meijer Campus at Holland (515 S. Waverly Rd. Holland, MI 49423). Please bring your completed and signed original MCOLES Physician's Health Screening Form and appropriate fitness clothing and footwear for the Physical Fitness Test. Please plan on the test taking approximately 2 hours for all 20 participants to complete.

The cost of the Physical Fitness Test is \$50 and is payable by cash or check only. The application deadline is 1600 hours (4pm) on the Wednesday prior to the test date.

Note: Submitting the registration form does not qualify you as registered; we will email you to confirm your registration. Please contact us by the Wednesday prior to the test date if you do not receive a confirmation email. We will notify you by email or phone if your testing session is canceled due to inclement weather or low enrollment.

**To Register: Email AD Bowman, [bowmjoel@gvsu.edu](mailto:bowmjoel@gvsu.edu), include your name, email address, sex, age and date you would like to register for.**

### **Dates:**

Wednesday, February 4, 2026, 10am

Wednesday, February 11, 2026, 2pm

Wednesday, February 18, 2026, 10am

Wednesday, February 25, 2026, 2pm

Wednesday, March 4, 2026, 10am

Thursday, March 19, 2026, 9am

Thursday, March 26, 2026, 5pm

Wednesday, April 8, 2026, 2pm