

BETHLEHEM TWP.



“Women Move for Health”

(A Beginner Walker/Running Initiative Program)
Weekly Program getting you ready to progress from couch to 5k!

WHEN

Tuesdays, 5:30pm – 6:45pm, August 1st- Oct 17th
Wednesdays, 9:15am-10:30am, August 2nd- Oct 18th

WHERE

Bethlehem Township Community Center Pavilion
2900 Farmersville Road Bethlehem, PA 18020

Format

Group Walk/Run; Presentations on various topics about walking/running and staying healthy.

Please come ready to workout!

Check us out on

facebook

WOMEN
15 AND OLDER

GOAL

Participate weekly to increase fitness and endurance. Women’s Move for Health goal is to stay motivated and help you complete a 5K walk or run.

MENTORS

Area women who are Walking/Running enthusiasts and have volunteered to guide and motivate you through weekly workouts.

COST

\$50 – Registration Fee
\$45 – Early Bird (Before July 25th)
Or St. Luke’s Employee
Price includes Workshops, Literature, and Achievement Shirt upon completion of 9 out of 12 weeks.

REGISTER/MORE INFO

- By Mail:
BTCC
4225 Easton Ave. Bethlehem PA 18020
- Online:
www.bethlehemtownship.com/btcc
- Call at (610) 332-1505 Kylene
kylene@bethlehemtwp.com

Bethlehem Township Women Move for Health -Registration

		Session	
Address			
City	State	Zip	
Phone	Email		
Employer	Shirt Size: (S, M, L, XL, 2X):		

I know that running/walking is a potentially hazardous activity. I should not enter a beginner walking/running program unless I am medically able and have consulted with my physician. I acknowledge that falls, contact with other participants, the effects of weather, including high heat and/or humidity, the condition of the path and/or road, traffic on the course, are all risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of my being accepted into this beginner running/walking program, I, for myself and anyone entitled to act on my behalf, waive and release the Bethlehem Township - Northampton County, Bethlehem Township Community Center and employees, mentors, program officials, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these activities even though that liability may arise out of negligence on the persons named in this waiver. I consent to the taking and public use of any photographic or audiovisual images by persons selected by this program and waive any right that I may have to copyright, inspect or approve the final project. BTCC has a strict no-refund policy and all fees associated with Community Center programs are non-transferable between participants, programs or locations.

Signature

Date