

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, 6:00pm – 7:15pm, March 24th- June 9th
Wednesdays, 9:15am -10:30am, March 25th- June 10th

WHERE

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

Design of Program:

Interval based walk/run workout based on your pace over 12 weeks. Great weekly speakers from St. Luke's University Health Network. Accountability and camaraderie throughout the program. Please come ready to work out!

WOMEN
15 AND OLDER

GOAL

To improve fitness and endurance; to stay motivated and inspired; to have fun while working up to 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 March 15th)
Or St. Luke's Employee
Price includes Workshops, Literature, and Achievement Shirt upon completion of 8 out of 12 weeks.

REGISTER/MORE INFO

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

Bethlehem Township Women Move for Health - Registration Form

Name		PM or AM Session	D.O.B.		
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