

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, 5:30-6:45pm
August 2nd- October 4th, 2022.

WHERE

Bethlehem Township Community Center Pavilion #2
2900 Farmersville Road Bethlehem, PA 18020

Design of Program:

Interval based walk/run workout based on your pace over 10 weeks. Great weekly speakers from St. Luke's University Health Network. Accountability and camaraderie throughout the program. Please come ready to work out!

Bethlehem Township Women Move for Health Registration Form

Name	D.O.B.		
Address			
City	State	Zip	
Phone	Email		
Employer	Shirt Size: (S, M, L, XL, 2X):		

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

\$45 prior to 7/27 early bird special
\$50 – Registration Fee

Price includes Workshops, Literature, and Achievement Shirt upon completion of 7 out of 10 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

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