



UPPER MACUNGIE TOWNSHIP

St. Luke's Chair Strength and Mobility Class

At the Upper Macungie Township Municipal Building
Tuesdays- 8:30am-9:30am from January 5th- January 26th

Name: _____ **Payment**
(Check/ Cash): _____

Address: _____

Phone: _____ **Email:** _____

Resident Non-Resident

UMT Recreation is partnering with **St. Luke's** to offer a Chair Strength & Mobility Class for those suffering from arthritis, or any mobility issue. This class will be virtual and in person at the Township Municipal Building and led by a St. Luke's exercise specialists specializing in improving strength and mobility. This is a low-impact chair-based strength and flexibility exercise program for adults of all activity levels working on balance, coordination, agility and functional strength.

PARTICIPATION WAIVER:

Upper Macungie Township strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Upper Macungie Township from any and all claims or causes of action, known or unknown, arising out of Upper Macungie Township's negligence. By participating in this program, I understand that images will be taken for marketing purposes and I or family members, including minors might be included in such photos.

PHOTOGRAPHY:

Being on premise and participating in this event constitutes your consent to be photographed for marketing purposes such as websites, social media, news, and advertising.

By checking this box I understand and agree to the rules and policies listed above.

Class Location: Lone Lane Park Pavilion (30 Lone Lane).

Checks made payable to: UMT (Chair Strength Class) 8330 Shantz Road, Breinigsville PA 18031

Email: recreation@uppermac.org **Phone:** 610-395-4892