



# BE ACTIVE, LIVE HEALTHY ADULT FITNESS AT UMCH FOR ALL OLDER ADULTS 50+

United Methodist Community House is excited to offer three new fitness classes for all Older Adults 50+. These classes are designed to get you moving, stretching, and socializing with community.

## Gentle Yoga

January 16 – February 8, 2023

4-Week Session, M/W 8:00-9:00am

Gentle Yoga is about slow and measured movements emphasizing mobility, stability, and control in muscles a person might not even realize are weak. Working through these movements of yoga there is a gained connection to the body, utilizing the strength and mobility in each joint to find balance. Modification such as chairs or blocks will be made to fit each Older Adult's needs and abilities.

**Social Gathering** M/W 9:00-9:30 am when classes are in session. Join us before or after your class for social time in our senior center. Free coffee or water is available.

## Walking Club+

January 16 – February 8, 2023

4-Week Session, M/W 9:30-10:30am

Being active is the secret to staying healthy, and walking is one of the easiest ways to get moving. Walking Club+ will take place in the UMCH Gym. Warm up with gentle stretching, walk and dance to lively music, then wrap up the hour participating in various strengthening and balance activities.

## On The Move (OTM)

January 31 – April 20, 2023

12-Week Session, T/Th 9:30-10:30am

On the Move: Group Exercise for Improved Mobility in Older Adults® (OTM) is a group-based exercise program for older adults designed to target the timing and coordination of walking. The program challenges the brain to match the timing and sequences of your movements with your posture to improve the smoothness and efficiency of walking.

## Cost:

Gentle Yoga: \$35 prepaid

OR \$5/class

Walking Club+: \$35 prepaid

OR \$5/class

OTM: \$45 prepaid

## Where:

UMCH Gym

904 Sheldon SE

Grand Rapids, MI 49507

## Register:

Option 1: Call Janice Madison at 616-452-3226

Option 2: Register in person at UMCH

Option 3: Return this form and payment to UMCH

## Instructor:

Jen Terpstra, ATC, OTM Certified

**Equipment provided  
by UMCH**



# OLDER ADULT FITNESS REGISTRATION FORM

PARTICIPANT NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ GENDER: M F

FULL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

EMERGENCY CONTACT (name and phone): \_\_\_\_\_

**CLASS OPTIONS (select all you wish to participate in)** Instructor: Jen Terpstra

\_\_\_\_\_ **GENTLE YOGA:** January 16 – February 8, Mondays and Wednesdays, 8:00-9:00 am

**Payment Options:** \_\_\_\_\_ Pay for 8 sessions now \$30 \_\_\_\_\_ Pay by the session \$5

\_\_\_\_\_ **WALKING CLUB+:** January 16 - February 8, Mondays and Wednesdays, 9:30-10:30 am

**Payment Options:** \_\_\_\_\_ Pay for 8 sessions now \$30 \_\_\_\_\_ Pay by the session \$5

\_\_\_\_\_ **ON THE MOVE:** January 31 – April 20, (12 weeks), Tuesdays and Thursdays, 9:30-10:30 am

**Payment Options:** \_\_\_\_\_ Pay for 12 sessions \$45

**TO REGISTER:**

**Option 1:** Call Janice Madison at 616-452-3226

United Methodist Community House

**Option 2:** Register in person at UMCH

904 Sheldon Ave SE

**Option 3:** Return this form and payment to UMCH

Grand Rapids, MI 49507

**ASSUMPTION OF RISK**

I understand and expressly agree that there are risks inherent in physical activity and my use of the Services may involve potentially dangerous physical activities that may lead to minor injuries or major injuries, up to and including death. In consideration for my use of the Services, I understand and voluntarily accept full responsibility for the risk of injury or loss arising out of or related to my use of the Services. I further agree that United Methodist Community House, and its respective affiliated companies, parents, subsidiaries, and franchisees, together with officers, directors, shareholders, employees, agents, and independent contractors of all such entities (collectively, the "United Methodist Community House Group") will not be liable for any injury including, without limitation, personal, bodily, or mental injury, disability, death, economic loss or any damage to you, your spouse or domestic partner, unborn child, heirs, or relatives resulting from the negligent conduct or omission of any member of the United Methodist Community House Group or anyone acting on their behalf, whether related to exercise or not.

**RELEASE; INDEMNIFICATION**

To the fullest extent permitted by law, I hereby forever release, waive and discharge each member of the United Methodist Community House Group from any and all claims, demands, injuries, damages, actions or causes of action related to my use of the Services, any content I submit, post to, or transmit through the Services, or my breach or alleged breach of these Terms of Use (collectively, "Claims") against any member of the United Methodist Community House Group, or anyone acting on their behalf. Further, I hereby agree to defend, indemnify and hold harmless each member of the United Methodist Community House Group from and against all liabilities, claims, damages and expenses (including reasonable attorney's fees and costs) arising from or related to any such Claims.

Participant Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_