

Motion and Devotion is a Christ-centered fitness program designed to increase physical and spiritual fitness through safe exercise, motivating music and devotions in a non-threatening and encouraging atmosphere. All participants are encouraged to work at their own level. Steps, weights and body bars are available. Please bring a towel or mat for your comfort during floor exercises.

From fall-spring, regular classes are mornings and evenings. Summer and Holiday schedules vary.

Direct questions to:
Katy McMurtrie at 898-9469

HEMPFIELD UNITED METHODIST CHURCH
3050 Marietta Avenue Lancaster, PA 17601
T: 717-285-5156 F: 717-285-7753
www.hempfieldumc.com

motion & devotion

*People of all
fitness levels are
welcome!*



motion & devotion

Session Dates: _____

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Katy McMurrie at 898-9469

Class Registration (Please print clearly)

Name: _____ Phone Number: _____

Address: _____

Email: _____

I will be attending (check all that apply):

Step Aerobics:

Monday	5:30 – 6:30 p.m.	_____	Class Fees:	\$ 3.50 per class or
Wednesday	9:00 – 10:00 a.m.*	_____		\$ 75 unlimited classes
Thursday	6:00 – 7:00 p.m.	_____		\$ 70 2 x per week
Friday	9:00 – 10:00 a.m.*	_____		\$ 40 1 x per week

All aerobics classes are in the Multipurpose Room/Gym, unless otherwise notified by your instructor.

*** Preregistered child care** is available for the morning classes only. Child care is free, but will only be provided if we have five or more registered children per class.

Weather-related cancellations- Visit the church website www.hempfieldumc.com or call the church and enter extension No. 500 for the cancellation mailbox.

In consideration of my acceptance in Motion & Devotion, I, intending to be legally bound, do hereby, for myself, my heirs, my executors, and administrators, waive, release, a discharge any and all rights and claims which may have or which hereafter accrue to me against Hempfield United Methodist Church and the instructors of Motion & Devotion and all assisting individuals from all damages, demands, actions, injury, or death received in any manner during participation in Motion & Devotion. I certify that I am physically fit for these workouts.

Sign & Date: _____ Payment Enclosed: _____

**You may register by submitting this form to the instructor at the beginning of class,
Welcome Center, church office, or by mailing to
Hempfield UMC, Motion and Devotion, 3050 Marietta Avenue, Lancaster, PA 17601**