



FIT IN FAITH Interest Form

Join our wellness group

Fill this out to join our Fit in Faith wellness group. We meet together to move, learn, pray, and grow. No experience is needed, and every activity has an option that fits your ability. Your information stays with the group leaders and is only used to run the group.

Your Information

Full name	
Phone number	
Email (optional)	
Best way to reach you	<i>Call, text, or email</i>
Emergency contact	<i>Name and phone number</i>

Helping Us Plan

Any health concerns we should know about?	<i>This helps us keep sessions safe for you</i>
Do you need a seated option?	<i>Yes / No / Sometimes</i>
What do you hope to get out of this?	<i>Optional</i>

Please talk with your doctor before starting a new exercise program if you have health concerns. Our sessions offer gentle, low-impact options for every ability.