



Benefits to participating in a DRE Sports Ministry:

**- Physical & Mental Health:**

- Better your physical health.
- Better sleep.
- Lower blood pressure.
- Lower risk of depression.
- Stress reduction.
- Stronger immune system.

**- Relationships:**

- Develop and grow more positive relationships.
- Bring more laughter into your life.
- Improve social connections and develop new friendships.

**- Spiritual Health:**

- Broaden your prayer support network.



DEEP RUN EAST  
SPORTS MINISTRY  
OFFERS COMMUNITY

The beauty of fitness and sports is the community within the church and where we live, separate groups can bond over similar interests. For some it is missions and others it's discipleship. Sports build community and brings together people from different sectors to live in harmony focusing together on something that brings them joy.

This is where community happens and friendships are made!

The Deep Run East Sports ministries allows us to get acquainted with discipline in a fun atmosphere before we have to apply it to our daily walk.

**Have you ever tried to learn something new?** What about joining one of our fitness or sports ministries. Join in the fun as a great way to reach your community for the cause of Christ. Find out how you and your family can be a part of our fun fitness events!

Deep Run East sports ministries allows for Christians to bond and thrive through alternative healthy ways.



350 Kellers Church Road  
Perkasie, PA 18944  
215-766-8380  
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## BASKETBALL

FOR AGES 12 through ADULT

**When:** Second Sunday of each month.

**Where:** DRE gymnasium

**Who:** For ages 12 through Adult.  
Co-Ed Sport

**Time:** 7:30 - 9:00 pm

- **No need to register. FREE.**
- **No experience necessary.**

Whether you want to learn the sport or just love playing basketball. All welcome!

*\*Please no black bottom sneakers to protect the floors.*



## VOLLEYBALL

FOR AGES 12 through ADULT

**When:** Last Sunday of each month.

**Where:** DRE gymnasium

**Who:** For ages 12 through Adult.  
Co-Ed Sport

**Time:** 6:30 - 8:00 pm

- **No need to register. FREE.**
- **No experience necessary.**

Whether you want to learn the sport or just love playing volleyball. All welcome!

*\*Please no black bottom sneakers to protect the floors.*



## STRETCHING/YOGA

CO-ED CLASSES

**When:** Monday's

**Where:** DRE gymnasium

**Who:** For all ages. Co-Ed Class.

**Time:** 9:00 - 10:00 am

**Certified Trainer:** Tina Siegfried

- **No need to register.**
- **No experience necessary.**
- **No Membership Fees**

**Cost:** \$5.00 per class

Train your heart for health & fitness.  
Stretch and strengthen tight muscles.  
**Bring your water bottle and mat.**

Instructor can modify to your personal needs of stretching during class.



Whether you're looking for cardio, strength training, toning, stretching muscles/Yoga, stress control, or low impact classes to get you started, these fitness classes will help you exercise and achieve your fitness goals.

All fitness and sports programs are subject to change due to weather, holidays and other reasons that may require cancelations. It is recommended to call 215-766-8380 to confirm if this is your first time attending.



## FULL HEART FITNESS

CO-ED CLASSES

**When:** Tuesdays & Thursdays

**Where:** DRE gymnasium

**Who:** For all ages. Co-Ed Class.

**Time:** 8:45 - 9:45 am  
8:30 am fellowship/warm-up/set-up

**Certified Trainer:** Andrea Volm

- **No need to register.**
- **No experience necessary.**
- **No Membership Fees**

**Cost:** \$5.00 per class

Expect inspirational music and encouragement in your time together.  
**Bring your water bottle, mat, towel, low weights if you have them and wear sneakers.** There will be modification and additional challenge options making the classes suitable for all abilities.

**Join us anytime! Come early to complete a waiver. Come when you can to fit your schedule.**