

MAY ~ JUNE 2017

LEHIGH VALLEY ACTIVE LIFE CLASS REGISTRATION FORM

Policy: If a course is two classes per week and you take only one class per week, please add \$5.00 to half the price of the class.

NAME SILVER SNEAKERS NO. SILVER & FIT NO. ADDRESS (Street, City, Zip) TEL. NO. CELL NO. MEMBER: YES NO DATE

BALANCE

Matter of Balance Mon 9:30 a.m. Fee \$10/\$25

COMPUTERS

Intro to Computer I; May 10; 11:00 Fee \$30/\$60

Intro to Computer II; June 7; 11:00 Fee \$30/\$60

Intro to Computer 1; May 3; 9:00 Fee \$30/\$60

Intro to Computer II; June 6; 9:00 Fee \$30/\$60

COOKING

Indoor BBQ Party, May 5 Fee \$5/\$10

\*\*BBQ PARTY IS NOW FILLED TO CAPACITY

Cooking TBD Fee \$5/\$10

CREATIVE ARTS

Drawing Beginner/Session 1 Fee \$56/\$112

Acrylic Fee \$56/\$112

Paint and Wine: Jeweled Tree Fee \$20/\$40

Paint and Wine: Summer Stars Fee \$20/\$40

Mixed Medium Art-Whitehall Fee \$40/\$80

Craft: Burlap Rag Wreath Fee FREE/\$5

CREATIVE WRITING

Thursdays 11:30 Fee FREE

SPIRITUAL DEVELOPMENT

Introduction; Healing; Spirit Guide; Aligning Fee \$20/\$40

DANCE CLASSES

Tap Dance-Advanced Beginner Fee \$24/\$48

Tap Dance-Beginner Fee \$24/\$48

Line Dancing Class Fee \$25/\$50

FITNESS CLASSES

Gentle Chair Yoga; Wed/Fri 2:15 p.m. Fee \$72/\$144

Water Aerobics MWF 10:00 a.m. Drop-in \$4/\$8

Strength Training 9:00 a.m. 3 day Fee \$92/\$184

Strength Training 9:00 a.m. 2 day Fee \$64/\$128

Strength Training; Whitehall Fee \$62/\$124

Strength Training-Chair Yoga p.m. Fee \$72/\$144 Tues/Thurs; 12:45 p.m.

Gentle Ashtanga Yoga M/W 10:30 a.m. Fee \$72/\$144

Ashtanga Yoga Tue/Thurs 11:15 a.m. Fee \$77/\$154

Ashtanga Yoga Orefield M/W 12:30 p.m. Fee \$72/\$144

Ashtanga Yoga Whitehall Fee \$64/\$128 Tues/Thurs 9:30 a.m.

Low Impact Aerobics

Tues & Thurs 2:00 p.m. Fee \$36/\$72

Mon/Wed/Fri 9:00 a.m. Fee \$45/\$90

Tues & Thurs Orefield Fee \$36/\$72

Bands, Bells, Balls 9:00 a.m. Fee \$27/\$54

Piloxing Fee \$36/\$72

Barre Exercise 11:30 a.m. Fee \$36/\$72

FITNESS CLASSES CONTINUE NEXT PAGE

ACTIVE LIFE POLICY: No one is ever turned away because of inability to pay for courses.

Please mail or bring this completed registration form with your payment payable to (LVAL) Lehigh Valley Active Life. Check, Cash, VISA, MasterCard, Discover; please fill in the back of this form with payment information.

LEHIGH VALLEY ACTIVE LIFE "Formerly Lehigh County Senior Center" 1633 WEST ELM STREET ALLENTOWN PA 18102 610-437-3700 . Fax 610-437-6252

# LVAL CLASS REGISTRATION FORM: MAY-JUNE 2017; PAGE TWO

## FITNESS CLASSES

Functional Training Exercise      Fee \$84/\$168 \_\_\_\_\_

Functional Training- Whitehall      Fee \$60/\$120 \_\_\_\_\_

Zumba Gold Thurs. 9:00 a.m.      Fee \$27/\$54 \_\_\_\_\_

Senior Self Defense, Thurs. 9 a.m.      Fee \$16/\$32 \_\_\_\_\_

Chi Kung Wed. 12:45 p.m.      Fee \$41/\$82 \_\_\_\_\_

Traditional Tai Chi; Mon  
Beginner; 12:30 p.m.      Fee \$24/\$48 \_\_\_\_\_

Traditional Tai Chi; Fri  
Intermediate; 10:15 a.m.      Fee \$25/\$50 \_\_\_\_\_

Traditional Tai Chi; Mon  
Advanced; 11:15 a.m.      Fee \$36/\$72 \_\_\_\_\_

Tai Chi Exercise; Wed/Fri      Fee \$51/\$102 \_\_\_\_\_

Tai Chi Exercise; Whitehall      Fee \$25/\$50 \_\_\_\_\_

**GROUP:** Baggage Dump      Fee FREE/\$20 \_\_\_\_\_

## HEALTH

Sodexo: Healthy Dietetic Practices      FREE/\$5 \_\_\_\_\_

Sodexo: Fluids, Fitness & Fiber      FREE/\$5 \_\_\_\_\_

Care Act      FREE/\$3 \_\_\_\_\_

Healthy Steps Elm Street, June 6-15      FREE \_\_\_\_\_

Healthy Steps Whitehall, May 3-31      FREE \_\_\_\_\_

Living a Healthy Life May 3-June 7      FREE \_\_\_\_\_

## HISTORY CLASSES

The Air Attack on Ploesti      Fee \$6/\$12 \_\_\_\_\_

Barbara: The Way We Were      Fee \$6/\$12 \_\_\_\_\_

Dean Martin: That's Amore      Fee \$6/\$12 \_\_\_\_\_

The Golden Age of Hollywood-  
-Whitehall Lifestyle Center      Fee \$6/\$12 \_\_\_\_\_

## HISTORY CLASSES

Flight 93      Fee \$3/\$6 \_\_\_\_\_

Bizarre Tales from WWII      Fee \$6/\$12 \_\_\_\_\_

Douglas MacArthur American Caesar      Fee \$3/\$6 \_\_\_\_\_

Union Gettysburg Controversies      Fee \$3/\$6 \_\_\_\_\_

Cuba! Cuba!      Fee FREE/\$5 \_\_\_\_\_

On the Pizza Trail      Fee \$6/\$12 \_\_\_\_\_

Come Fly With Me      Fee \$6/\$12 \_\_\_\_\_

## MOVIES & MORE... MOVIES AT NOON

The Danish Girl May 10      Fee \$2/\$4 \_\_\_\_\_

Snowden May 24      Fee \$2/\$4 \_\_\_\_\_

Anthropoid June 14      Fee \$2/\$4 \_\_\_\_\_

Elsa and Fred June 28      Fee \$2/\$4 \_\_\_\_\_

## SPANISH

Beginner Spanish, Delgado; 12:30 p.m.      Fee \$55/\$110 \_\_\_\_\_

Intermediate Spanish; Delgado; 10:30 a.m.      Fee \$55/\$110 \_\_\_\_\_

Advanced Spanish, Azar; 3:00 p.m.      Fee \$50/\$100 \_\_\_\_\_

## TRIPS TO BROADWAY

Miss Saigon; June 7      Fee \$155 \_\_\_\_\_

Bandstand; June 7      Fee \$145 \_\_\_\_\_

Trips-More to Come TBD Call of updates 610-437-3700

## TRIPS

Jonah; Site & Sound; May 17, 2017      Fee \$97 \_\_\_\_\_

Hollywood Casino, June 22      Fee \$25 \_\_\_\_\_

Buddy Holly at Dutch Apple; Nov 1      Fee \$82 \_\_\_\_\_

Branson, MO; Sept 22-30, 2017      Fee \$975/dbl \_\_\_\_\_

Enclosed is my check payable to "LEHIGH VALLEY ACTIVE LIFE"      TOTAL FEES: \_\_\_\_\_

Charge my MasterCard \_\_\_\_\_ Visa \_\_\_\_\_ Discover \_\_\_\_\_ Card # \_\_\_\_\_

ID# 3 digit # found to right of signature \_\_\_\_\_ Expires \_\_\_\_\_

Signature \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**JULY ~ AUGUST 2017**  
**LEHIGH VALLEY ACTIVE LIFE CLASS REGISTRATION FORM**

**Policy: If a course is two classes per week and you take only one class per week, please add \$5.00 to half the price of the class.**

NAME \_\_\_\_\_ SILVER SNEAKERS NO. \_\_\_\_\_  
 ADDRESS (Street, City, Zip) \_\_\_\_\_  
 SILVER & FIT NO. \_\_\_\_\_

TEL. NO. \_\_\_\_\_ MEMBER: YES \_\_\_\_\_ NO \_\_\_\_\_ DATE \_\_\_\_\_

**COMPUTERS**

Intro to Computer 2; July 10; 9:00 Fee \$30/\$60 \_\_\_\_\_

Intro to Computer 2; July 24; 9:00 Fee \$30/\$60 \_\_\_\_\_

**CREATIVE ARTS**

Drawing Beginner/Session 2 Fee \$56/\$112 \_\_\_\_\_

Acrylic Fee \$56/\$112 \_\_\_\_\_

Paint and Wine: Glow in Dark Lan. Fee \$20/\$40 \_\_\_\_\_

Paint and Wine: Palm Tree Fee \$20/\$40 \_\_\_\_\_

Mixed Medium Art-Whitehall Fee \$40/\$80 \_\_\_\_\_

**CREATIVE WRITING**

Thursdays 11:30 Fee FREE \_\_\_\_\_

**DANCE CLASSES**

Tap Dance-Advanced Beginner Fee \$21/\$42 \_\_\_\_\_

Tap Dance-Beginner Fee \$21-\$42 \_\_\_\_\_

Line Dancing Class Fee \$25/\$50 \_\_\_\_\_

**FITNESS**

Gentle Chair Yoga; Wed/Fri, 2:15 p.m. Fee \$64/\$128 \_\_\_\_\_

Water Aerobics MWF 10:00 a.m. Drop-in \$4/\$8 \_\_\_\_\_

Strength Training 9:00 a.m. 3 day Fee \$92/\$184 \_\_\_\_\_

Strength Training 9:00 a.m. 2 day Fee \$64/\$128 \_\_\_\_\_

Strength Training; Whitehall Fee \$62/\$124 \_\_\_\_\_

Strength Training-Chair Yoga p.m. Fee \$68/\$136  
 Tues/Thurs 12:45 p.m. \_\_\_\_\_

Gentle Ashtanga Yoga 10:30 a.m. Fee \$77/\$154  
 Mon/Wed \_\_\_\_\_

Ashtanga Yoga 11:15 a.m. Fee \$72/\$144  
 Tues/ Thurs \_\_\_\_\_

Ashtanga Yoga Orefield Fee \$77/\$154  
 Mon/Wed; 12:30 p.m. \_\_\_\_\_

Ashtanga Yoga Whitehall Fee \$64/\$128  
 Tues/Thurs 9:30 a.m. \_\_\_\_\_

Low Impact Aerobics  
 Tues & Thurs 2:00 p.m. Fee \$32/\$64 \_\_\_\_\_

Mon/Wed/Fri 9:00 a.m. Fee \$40/\$80 \_\_\_\_\_

Tues & Thurs Orefield Fee \$32/\$64 \_\_\_\_\_

Bands, Bells, Balls 9:00 a.m. Fee \$24/\$48 \_\_\_\_\_

**Barre Exercise 11:30 a.m. Fee \$32/\$64 \_\_\_\_\_**

**FITNESS CLASSES CONTINUE NEXT PAGE**

**ACTIVE LIFE POLICY: No one is ever turned away because of inability to pay for courses.**

Please mail or bring this completed registration form with your payment payable to (LVAL) Lehigh Valley Active Life. Check, Cash, VISA, MasterCard, Discover; please fill in the back of this form with payment information.

**LEHIGH VALLEY ACTIVE LIFE**  
**"Formerly Lehigh County Senior Center"**  
**1633 WEST ELM STREET**  
**ALLENTOWN PA 18102**  
**610-437-3700 . Fax 610-437-6252**

**LVAL CLASS REGISTRATION FORM: JULY-AUGUST 2017; PAGE TWO**

**FITNESS CLASSES**

Functional Training Exercise      Fee \$84/\$168 \_\_\_\_\_  
Functional Training- Whitehall      Fee\$60/\$120 \_\_\_\_\_  
Piloxing      Fee \$32/\$64 \_\_\_\_\_  
Zumba Gold Thurs. 9:00 a.m.      Fee \$24/\$48 \_\_\_\_\_  
Senior Self Defense; Thurs 9 a.m.      Fee \$18/\$36 \_\_\_\_\_  
Chi Kung Wed. 12:45 p.m.      Fee \$36/\$72 \_\_\_\_\_  
Traditional Tai Chi; MON  
    Beginner; 12:30 p.m.      Fee \$24/\$48 \_\_\_\_\_  
Traditional Tai Chi; FRI  
    Intermediate; 10:15 a.m.      Fee \$28/\$56 \_\_\_\_\_  
Traditional Tai Chi; MON  
    Advanced; 11:15 a.m.      Fee \$36/\$72 \_\_\_\_\_  
Tai Chi Exercise Wed/Fri      Fee 45/\$90 \_\_\_\_\_  
Tai Chi Exercise; Whitehall      Fee \$25/\$50 \_\_\_\_\_

**HISTORY CLASSES**

Debbie: Unsinkable      Fee \$6/\$12 \_\_\_\_\_  
Natalie Wood: West Side Story      Fee \$6/\$12 \_\_\_\_\_  
Discovering America's Past      Fee \$6/\$12 \_\_\_\_\_

**MOVIES & MORE... MOVIES AT NOON**

The Whole Truth July 12      Fee \$2/\$4 \_\_\_\_\_  
Hidden Figures July 26      Fee \$2/\$4 \_\_\_\_\_  
Manchester by the Sea August 9      Fee \$2/\$4 \_\_\_\_\_  
Jackie August 23      Fee \$2/\$4 \_\_\_\_\_

**SPANISH**

Beginner Spanish, Delgado; 12:30 p.m.      Fee \$55/\$110 \_\_\_\_\_  
Intermediate Spanish; Delgado; 10:30 a.m.      Fee \$55/\$110 \_\_\_\_\_  
Advanced Spanish, Azar; 3:00 p.m.      Fee \$50/\$100 \_\_\_\_\_

**TRIPS TO BROADWAY**

"Miss Saigon", June 7th      Fee \$155 \_\_\_\_\_  
"Bandstand", June 7th      Fee \$145 \_\_\_\_\_  
"Come From Away", June 7th      Fee \$149 \_\_\_\_\_

Trips-More to Come! - call for details 610-437-3700

**TRIPS**

"Jonah" @ Site and Sound      Fee \$97 \_\_\_\_\_  
Buddy Holly at Dutch Apple; Nov 1      Fee \$82 \_\_\_\_\_  
Branson, MO; Sept 22-30, 2017  
Early Bird Fee \$975/dbl. Add \$50 after Aug 1st \_\_\_\_\_

_____ Enclosed is my check payable to "LEHIGH VALLEY ACTIVE LIFE"	TOTAL FEES: _____
_____ Charge my MasterCard _____ Visa _____ Discover _____ Card # _____	
ID# 3 digit # found to right of signature _____	Expires _____
Signature _____	
EMAIL ADDRESS _____	