

SEPTEMBER-OCTOBER 2017; LVAL CLASS REGISTRATION FORM

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

POLICY: No one is ever turned away because of inability to pay. Show your Silver-Sneaker card or your Silver & Fit card each year to renew your membership.

NAME _____ SILVER SNEAKERS NO. _____

SILVER & FIT NO. _____

ADDRESS (Street, City, Zip) _____

TODAY'S DATE _____ TEL. NO. _____ CELL NO. _____ MEMBER: YES NO

BALANCE SESSION

Matter of Balance Mon 9:30 a.m. Fee/FREE _____

ADVANCED BEGINNER BRIDGE LESSONS

Advance Beginner Bridge, Sept 7 Fee\$50/\$100 _____

INTERMEDIATE BRIDGE LESSONS

Intermediate Bridge , Sept 7 Fee\$50/\$100 _____

COOKING CLASS

Harvest Fest, Oct 18 Fee\$5/\$10 _____

COMPUTER CLASSES

Intro to Computer I, Sept 13 Fee\$30/\$60 _____

Intro to Computer II, Oct 4 Fee\$30/\$60 _____

Intro to Computer 1, Sept 5 Fee\$30/\$60 _____

Intro to Computer 2, Sept 26 Fee\$30/\$60 _____

Intro to iPad (iPhone), Oct 3 Fee\$10/\$20 _____

COMPUTER CLASSES

Computer Help Lab, Ongoing FREE/\$5 _____

Genealogy, Ongoing FREE/\$5 _____

CREATIVE ARTS CLASSES

Acrylic, Sept 6 Fee\$56/\$112 _____

Drawing, Sept 11 Fee\$49/\$98 _____

PAINT AND WINE CLASS

Fall Painting, Sept 27 Fee\$20/\$40 _____

Halloween Painting, Oct 25 Fee\$20/\$40 _____

DANCE CLASSES

Line Dancing Class, Sept 11 Fee\$22/\$44 _____

Tap Dance Class-Advanced Beginner, Sept 11
Fee\$21/\$42 _____

Tap Dance Class-Beginner, Sept 12 Fee\$21/\$42 _____

MOVIES

The Founder, Sept 13 Fee \$2/\$4 _____

LaLa Land, Sept 27 Fee \$2/\$4 _____

Lion, Oct 11 Fee \$2/\$4 _____

Gifted, Oct 25 Fee \$2/\$4 _____

DRAWING CLASSES

Judy welcomes you to learn how to draw art with pencils and paper. This course is an introduction to composition, outline, and shading techniques. Led by Judy Peters. Materials needed: Pencil set with complete range of leads, pencil sharpener, kneaded eraser, tortillion lead blender, drawing paper 8 x 10 or 11 x 14.

BEGINNER LEVER-SESSION 1

Room 106, Mondays, \$49 members/\$98 nonmembers, September 11-October 30; 9:00 a.m.-11:30 a.m. **NO CLASS OCT 9**

Lehigh Valley Active Life, 1633 W. Elm St., Allentown, PA 18102 . 610-437-3700 . www.LVActiveLife.org

LVAL CLASS REGISTRATION FORM: SEPTEMBER-OCTOBER 2017, PAGE TWO**CHI KUNG CLASS**

Kane Tai Chi, Sept 6 Fee\$41/\$82_____

TAI CHI CLASSES

Tai Chi Exercise, Whitehall, Sept 1 Fee\$50/\$100_____

Traditional Tai Chi Intermediate, Sept 8 Fee\$25/\$50_____

Traditional Tai Chi Advanced, Sept 11 Fee\$32/\$64_____

Traditional Tai Chi Beginner, Sept 11 Fee\$21/\$42_____

Tai Chi Exercise, Elm St, Sept 6 Fee\$45/\$95_____

STRENGTH TRAINING CLASSESStrength Training/Chair Yoga Tue/Thur, Sept 12
Fee\$56/\$112_____Strength Training, M/W/F, Sept 11, three days
Fee\$84/\$168_____

Strength Training, M/W/F, Sept 11, two days Fee\$56/\$112_____

Strength Training, Whitehall, Sept 1 Fee \$66/\$132_____

YOGA CLASSES

Gentle Yoga, M/W, Sept 11 Fee\$63/\$126_____

Modified Ashtanga Yoga, T/Th, Sept 12 Fee\$63/\$126_____

Modified Ashtanga Yoga, Orefield, Sept 11 Fee\$63/\$126_____
Monday 12:15 p.m.; Wednesday 12:30 p.m.**CHAIR YOGA CLASSES**

Gentle Chair Yoga, Whitehall, T/Th, Sept 12 Fee\$56/\$112_____

Gentle Chair Yoga, Elm St., W/F, Sept 13 Fee\$56/\$112_____

EXERCISE AND FITNESS CLASSES

Zumba Gold, Thurs, Sept 14 Fee\$21/\$42_____

Bands, Bells, & Balls, Tues, Sept 12 Fee\$21/\$42_____

Barre Exercise for Seniors, Fri, Sept 15 Fee\$28/\$56_____

Piloxing, Fri, Sept 15 Fee\$28/\$56_____

SPIRITUAL ENRICHMENT Fee\$50/\$100_____**SPIRITUAL DEVELOPMENT** Fee\$25/\$50_____**LOW IMPACT AEROBICS CLASSES**

Aerobics, Tu/Thur, 2 pm, Sept 12 Fee\$28/\$56_____

Aerobics, M/W/F, 9 am, Sept 11 Fee\$40/\$80_____

Aerobics, Orefield, T/Th, 12:30 pm, Sept 12 Fee\$32/\$64_____

HEALTH CLASSES

Cognitive Issues, Oct 16 FREE/\$5_____

Healthy Steps in Motion, Sept 18 FREE_____

Learn the 10 Keys to Healthy Aging, Oct 12 FREE_____

Healthy Steps For Older Adults, Oct 12 FREE_____

Learn the 10 Keys, Whitehall, Tuesdays FREE_____

HISTORY CLASSES

Battle of Gettysburg Day One, Sept 6 Fee\$3/\$5_____

Battle of Gettysburg Day Two, Sept 13 Fee\$3/\$5_____

Battle of Gettysburg Day Three, Sept 20 Fee\$3/\$5_____

The Rat Pack, Oct 11 Fee\$6/\$12_____

PA Dutch, Oct 27 FREE/\$5_____

WW II, The Berlin Airlift, Sept 20 Fee\$6/\$12_____

WW II, The Fall of the Philippines, Oct 18 Fee\$6/\$12_____

SPANISH CLASSES

Beginner Spanish, Mon, 11:30 am, Sept 11 Fee\$55/\$110_____

Intermediate Spanish, Mon, Sept 11 Fee\$55/\$110_____

Advanced Spanish, Mon, 3 pm, Sept 11 Fee\$50/\$100_____

SAFE DRIVING

Mature Safe Driver, Sept 18 Fee\$5/\$10_____

TRIPS

Branson, MO, Sept 22-30 Fee\$1,025/dbl_____

Myrtle Beach, SC, Sept 23-29, 2018 Fee\$759_____

Please mail this completed registration form with your check payment payable to (LVAL) Lehigh Valley Active Life. To pay with VISA, MasterCard, or Discover; please call 610-437-3700. If paying with cash please bring your registration form and payment to the Center office.

NOVEMBER-DECEMBER 2017; LVAL CLASS REGISTRATION FORM

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NAME _____ SILVER SNEAKERS NO. _____

SILVER & FIT NO. _____

ADDRESS (Street, City, Zip) _____

TODAY'S DATE _____ TEL. NO. _____ CELL NO. _____ MEMBER: YES NO

ADVANCED BEGINNER BRIDGE LESSONS

Advance Beginner Bridge, Nov 9 Fee\$40/\$80 _____

INTERMEDIATE BRIDGE LESSONS

Intermediate Bridge , Nov 9 Fee\$40/\$80 _____

COOKING CLASS

Preparing for the Holidays, Nov 1 Fee\$5/\$10 _____

COMPUTER CLASSES

Care and Feeding, Nov 1 Fee\$20/\$40 _____

Computer Help Lab, Ongoing Fee/FREE/\$5 _____

Genealogy, Ongoing Fee/FREE/\$5 _____

CREATIVE ARTS CLASSES

Acrylic, Nov 1 Fee\$56/\$112 _____

Drawing, Nov 6 Fee\$49/\$98 _____

PAINT AND WINE CLASS

Ceramic Trivet, Nov 8 Fee\$20/\$40 _____

Christmas Painting, Dec 13 Fee\$20/\$40 _____

DANCE CLASSES

Line Dancing Class, Nov 6 Fee\$22/\$44 _____

Tap Dance Class-Advanced Beginner, Nov 6
Fee\$21/\$42 _____

Tap Dance Class-Beginner, Nov 7 Fee\$21/\$42 _____

MOVIES

The Zoo Keepers Wife, Nov 8 Fee\$2/\$4 _____

Beauty and the Beast, Nov 29 Fee\$2/\$4 _____

The Shack, Dec 13 Fee\$2/\$4 _____

DRAWING CLASSES

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BEGINNER LEVER-SESSION 2

Room 106, Mondays, \$49 members/\$98 nonmembers, November 6-December 18; 9:00 a.m.-11:30 a.m.

LVAL CLASS REGISTRATION FORM: NOVEMBER-DECEMBER 2017, PAGE TWO**STRENGTH TRAINING CLASSES**Strength Training/Chair Yoga Tue/Thur, Nov 2
Fee\$56/\$112_____Strength Training, M/W/F, Nov 1, three days
Fee\$84/\$168_____Strength Training, M/W/F, Nov 1, two days
Fee\$56/\$112_____Strength Training, Whitehall, Nov 1
Fee\$62/\$124_____**YOGA CLASSES**Gentle Yoga, M/W, Nov 1
Fee\$63/\$126_____Modified Ashtanga Yoga, Tu/Thur, Nov 2
Fee\$63/\$126_____Modified Ashtanga Yoga, M/W, Orefield, Nov 1
Monday 12:15 p.m.; Wednesday 12:30 p.m. Fee\$63/\$126_____**CHAIR YOGA CLASSES**Gentle Chair Yoga, Whitehall, T/Th, Nov 2
Fee\$48/\$96_____Gentle Chair Yoga, Elm St., W/F, Nov 1
Fee\$52/\$104_____**EXERCISE AND FITNESS CLASSES**Zumba Gold, Thurs, Nov 2
Fee\$18/\$36_____Bands, Bells, & Balls, Tues, Nov 7
Fee\$21/\$42_____Barre Exercise for Seniors, Fri, Nov 3
Fee\$24/\$48_____Piloxing, Fri, Nov 3
Fee\$24/\$48_____**LOW IMPACT AEROBICS CLASSES**Aerobics, Tu/Thur, 2 pm, Nov 2
Fee\$28/\$56_____Aerobics, M/W/F, 9 am, Nov 8
Fee\$30/\$60_____Aerobics, Orefield, T/Th, 12:30 pm, Nov 7
Fee\$24/\$48_____**CHI KUNG CLASS**Kane Tai Chi, Nov 1
Fee\$41/\$82_____**TAI CHI CLASSES**Tai Chi Exercise, Whitehall, Nov 3
Fee\$45/\$90_____Traditional Tai Chi Intermediate, Nov 3
Fee\$19/\$38_____Traditional Tai Chi Advanced, Nov 6
Fee\$32/\$64_____Traditional Tai Chi Beginner, Nov 6
Fee\$21/\$42_____Tai Chi Exercise, Elm St, Nov 8
Fee\$34/\$68_____**FINANCIAL PLANNING**Retirement Income Planning, Nov 6
FREE/\$5_____**HISTORY CLASSES**Ella at 100: Celebrating, Nov 2
Fee\$6/\$12_____Try to See It My Way, Nov 16
Fee\$6/\$12_____JFK, The Camelot Years, Nov 22
Fee\$6/\$12_____WW II, Nazis in America, Nov 15
Fee\$6/\$12_____WW II, Hiroshima & Nagasaki, Dec 13
Fee\$6/\$12_____**OPERA**The Masked Ball by Verdi, Nov 17
Fee\$3/\$6_____Werther by Massenet, Dec 15
Fee\$3/\$6_____**SPANISH CLASSES**Beginner Spanish, Mon, 11:30 am, Nov 13
Fee\$42/\$84_____Intermediate Spanish, Mon, 12:30 pm, Nov 13
Fee\$42/\$84_____Advanced Spanish, Mon, 3 pm, Nov 13
Fee\$38/\$76_____**TRIPS**Buddy Holly at Dutch Apple, Nov 1
Fee \$82_____Christmas in Washington, DC, Dec 8-10
Fee\$450_____Ride the Rails-West Virginia, June 5-7, 2018
Fee\$559_____Jesus at Sight & Sound, July 25, 2018
Fee\$104_____Myrtle Beach, SC, Sept 23-29, 2018
Fee\$759_____

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