

JANUARY-FEBRUARY 2018; LVAL CLASS REGISTRATION FORM

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-FALL PREVENTION

Matter of Balance; Wed 1:00 p.m. Fee/FREE _____

ADVANCED BEGINNER BRIDGE LESSONS

Advance Beginner Bridge, Jan 4 Fee\$60/\$120 _____

INTERMEDIATE BRIDGE LESSONS

Intermediate Bridge , Jan 4 Fee\$60/\$120 _____

COMPUTER CLASSES

Intro to Computer I, Jan 15 Fee\$30/\$60 _____

Intro to Computer II, Jan 29 Fee\$30/\$60 _____

Intro to Computer I, Feb 7 Fee\$30/\$60 _____

Intro to Computer II, Feb 28 Fee\$30/\$60 _____

Genealogy; ongoing Fee FREE/\$5 _____

iPad/iPhone Jan 23 Fee\$10/\$20 _____

iPad/iPhone Feb 6 Fee \$10/\$20 _____

SMART MONEY, Jan 8 Fee FREE/\$5 _____

MEDICAL IDENTITY THEFT, Jan 31 Fee FREE/\$5 _____

PPL PRESENTATION, Feb 7 Fee FREE/\$5 _____

SPIRITUAL DEVELOPMENT, Jan 3 Fee\$50/\$100 _____

CREATIVE ARTS CLASSES

Acrylic, Jan 3 Fee\$60/\$120 _____

Drawing, Jan 8 Fee\$56/\$112 _____

PAY TEACHER AS YOU GO CLASSES

Call for the schedule and sign up:

Arts & Crafts Class Fee \$1/\$2

Coloring Class Fee \$1/\$2

S.A.G.E. FREE

Art for Everyone; Monthly \$3/\$6; Daily \$3.5/\$7

Ceramics; Half day \$4/\$4.75; All day \$8/\$9.50

Water Aerobics Pay at the pool Fee\$4/\$8

Line Dance Social Fee \$6

PAINT AND WINE CLASS

January 24 Fee\$20/\$40 _____

February 7 Fee\$20/\$40 _____

DANCE CLASSES

Line Dancing, Jan 8 Fee\$24/\$48 _____

Tap Dance -Advanced Beginner, Jan 8 Fee\$24/\$48 _____

Tap Dance -Beginner, Jan 9 Fee\$24/\$48 _____

MOVIES

The Big Sick, Jan 10 Fee \$2/\$4 _____

Marshall, Jan 24 Fee \$2/\$4 _____

20 Century Women, Feb 14 Fee \$2/\$4 _____

Fences, Feb 28 Fee \$2/\$4 _____

TRIPS

Phila Flower show, March 8 Fee\$62 _____

NYC Food Shopping, March 15 Fee\$49 _____

Anastasia, April 11 Fee \$155 _____

Jesus, July 25 Fee\$104 _____

Ride the Rails, June5-7 Fee\$559 _____

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

LVAL CLASS REGISTRATION FORM: JANUARY-FEBRUARY 2018, PAGE TWO**CHI KUNG CLASS**

Kane Tai Chi, Jan 10 Fee\$41/\$82_____

TAI CHI CLASSES

Traditional Tai Chi Intermediate, Jan 5 Fee\$25/\$50_____

Traditional Tai Chi Advanced, Jan 8 Fee\$38/\$76_____

Traditional Tai Chi Beginner, Jan 8 Fee\$24/\$48_____

Tai Chi Exercise, Elm St, Jan 3 Fee\$45/\$90_____

STRENGTH TRAINING CLASSES

Strength Training Tue/Thur, 12:45; Jan 9 Fee\$60/\$120_____

Strength Training, M/W/F, Jan 3, three days
Fee\$96/\$192_____

Strength Training, M/W/F, Jan 3, two days Fee\$64/\$128_____

YOGA CLASSES

Gentle Yoga, M/W, Jan 8 Fee\$64/\$128_____

Modified Ashtanga Yoga, T/Th, Jan 9 Fee\$60/\$120_____

Modified Ashtanga Yoga, **Orefield**, Jan 8
Monday 12:15 p.m.; Wednesday 12:30 p.m. Fee\$64/\$128_____**CHAIR YOGA CLASSES**

Gentle Chair Yoga, Elm St., W/F, Jan 10 Fee\$60/\$120_____

EXERCISE AND FITNESS CLASSES

Zumba Gold, Thurs, Jan 11 Fee\$21/\$42_____

Bands, Bells, & Balls, Tues, Jan 9 Fee\$24/\$48_____

Barre Exercise for Seniors, Fri, Jan 12 Fee\$28/\$56_____

Piloxing, Fri, Jan 12 Fee\$32/\$64_____

MEMORIES TO MEMOIRS, Feb 15 Fee\$20/\$40_____**LAW ENFORCEMENT**, Jan 18 Fee FREE/\$5_____**LOW IMPACT AEROBICS CLASSES**

Aerobics, Tu/Thur, 2 pm, Jan 9 Fee\$32/\$64_____

Aerobics, M/W/F, 9 am, Jan 8 Fee\$40/\$80_____

Aerobics, **Orefield**, T/Th, 12:30 pm, Jan 9 Fee\$32/\$64_____**HEALTH CLASSES**

Living a Healthy Life, Jan 18 FREE_____

Healthy Steps in Motion, Jan 22 FREE_____

Fall Prevention:
Healthy Steps For Older Adults, Feb 6 FREE_____

Fall Risk Assessment, Feb 27 FREE_____

HEART HEALTH, Jan 12 FREE/\$3_____**HISTORY CLASSES**

WW II, CBI Theatre, Jan 17 Fee\$6/\$12_____

WW II, The Nuremburg Trials, Feb 21 Fee\$6/\$12_____

OPERA

I Puritani by Bellini, Jan 19 Fee\$3/\$6_____

Il Postino by Catan, Feb 16 Fee\$3/\$6_____

SPANISH CLASSES

Beginner Spanish, Jan 15 Fee\$55/\$110_____

Intermediate Spanish, Jan 15 Fee\$55/\$110_____

Advanced Spanish, Jan 15 Fee\$50/\$100_____

WHITEHALL CLASSES

Strength Training, Jan 3 Fee \$68/\$136_____

Tai Chi Exercise, Jan 2 Fee\$50/\$100_____

Gentle Chair Yoga, T/Th, Jan 9 Fee\$60/\$120_____

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.

MARCH-APRIL 2018; 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

AGING WITH GRACE, March 8 Fee/FREE/\$5 _____

ADVANCED BEGINNER BRIDGE LESSONS

Advance Beginner Bridge, March 15 Fee\$60/\$120 _____

INTERMEDIATE BRIDGE LESSONS

Intermediate Bridge , March 15 Fee\$60/\$120 _____

COOKING CLASS

Favorites from past demonstrations; April 13 Fee\$5/\$10 _____

CREATIVE ARTS CLASSES

Acrylic, Mar 7 Fee\$56/\$112 _____

Drawing, Mar 5 Fee\$56/\$112 _____

PAY TEACHER AS YOU GO CLASSES

Call for the schedule and sign up:

Arts & Crafts Class Fee \$1/\$2

Coloring Class Fee \$1/\$2

S.A.G.E. FREE

Art for Everyone; Monthly \$3/\$6; Daily \$3.5/\$7

Ceramics; Half day \$4/\$4.75; All day \$8/\$9.50

Water Aerobics Pay at the pool Fee\$4/\$8

Line Dance Social Fee \$6

SPIRITUAL DEVELOPMENT, Mar 7 Fee\$50/\$100 _____

PAINT AND WINE CLASS

March 14 Fee\$20/\$40 _____

April 11 Fee\$20/\$40 _____

DANCE CLASSES

Line Dancing, Mar 5 Fee\$24/\$48 _____

Tap Dance -Advanced Beginner, Mar 5 Fee\$24/\$48 _____

Tap Dance -Beginner, Mar 6 Fee\$24/\$48 _____

MOVIES

Murder on the Orient Express, Mar 28 Fee\$2/\$4 _____

Victoria and Abdul, Apr 11 Fee\$2/\$4 _____

Wonder, Apr 25 Fee\$2/\$4 _____

TRIPS

Phila Flower show, March 8 Fee\$62 _____

NYC Food Shopping, March 15 Fee\$49 _____

Anastasia, April 11 Fee \$155 _____

Jesus, July 25 Fee\$104 _____

Ride the Rails, June5-7 Fee\$559 _____

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

PINOCHLE LESSONS; March 20 Fee\$12/\$24 _____

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STRENGTH TRAINING CLASSES

Strength Training Tue/Thur, 12:45; Mar 1 Fee\$60/\$120_____

Strength Training, M/W/F, Mar 2, three days
Fee\$84/\$168_____

Strength Training, M/W/F, Mar 2, two days
Fee\$56/\$112_____

YOGA CLASSES

Gentle Yoga, M/W, Mar 5 Fee\$56/\$112_____

Modified Ashtanga Yoga, Tu/Thur, Mar 1
Fee\$60/\$120_____

Modified Ashtanga Yoga, M/W, **Orefield**, Mar 5
Monday 12:15 p.m.; Wednesday 12:30 p.m. Fee\$56/\$112_____

CHAIR YOGA CLASSES

Gentle Chair Yoga, Elm St., W/F, Mar 2 Fee\$56/\$112_____

EXERCISE AND FITNESS CLASSES

Zumba Gold, Thurs, Mar 1 Fee\$24/\$48_____

Bands, Bells, & Balls, Tues, Mar 6 Fee\$21/\$42_____

Barre Exercise for Seniors, Fri, Mar 2 Fee\$28/\$56_____

Piloxing, Fri, Mar 9 Fee\$24/\$48_____

LOW IMPACT AEROBICS CLASSES

Aerobics, Tu/Thur, 2 pm, Mar 6 Fee\$28/\$56_____

Aerobics, M/W/F, 9 am, Mar 5 Fee\$35/\$70_____

Aerobics, **Orefield**, T/Th, 12:30 pm, Mar 6 Fee\$28/\$56_____

CHI KUNG CLASS

Kane Tai Chi, Mar 7 Fee\$36/\$72_____

TAI CHI CLASSES

Traditional Tai Chi Intermediate, Mar 2 Fee\$22/\$44_____

Traditional Tai Chi Advanced, Mar 5 Fee\$38/\$76_____

Traditional Tai Chi Beginner, Mar 5 Fee\$24/\$48_____

Tai Chi Exercise, Elm St, Feb 28 Fee\$45/\$90_____

HEALTH

Learn the 10 Keys to Healthy Aging, Mar 26 FREE_____

Fall Prevention:
Healthy Steps For Older Adults, Mar 6 FREE_____

Fall Risk Assessment, Mar 27 FREE_____

HISTORY CLASSES

The Early Life of Hitler and Tales from the Civil War, Apr 6
Fee\$5/\$10_____

WW II, The Invasion of Japan, Mar 21 Fee\$6/\$12_____

WW II, The Remagen Bridge, April 18 Fee\$6/\$12_____

OPERA

Romeo and Juliet by Gounod, Mar 16 Fee\$3/\$6_____

Don Giovanni by Mozart, Apr 20 Fee\$3/\$6_____

SPANISH CLASSES

Beginner Spanish, Mar 12 Fee\$55/\$110_____

Intermediate Spanish, Mar 12 Fee\$55/\$110_____

Advanced Spanish, March 12 Fee\$50/\$100_____

WHITEHALL CLASSES

Strength Training, Mar 2 Fee \$68/\$136_____

Tai Chi Exercise, Feb 27 Fee\$50/\$100_____

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