

MAY-JUNE 2019; 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 SilverSneaker card or your Silver & Fit card each year to renew your membership.

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.

NAME _____ SILVER SNEAKERS NO. _____

SILVER & FIT NO. _____

ADDRESS (Street, City, Zip) _____

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

COOKING

Cooking by Country Meadows \$5/\$10 _____

LEGACY PLANNING

Legacy with Intention and Purpose FREE/\$5 _____

PROTECT VETERANS

Operation Protect Veterans FREE/\$5 _____

HISTORY LECTURES

The African American Experience in WWII \$6/\$12 _____

PELVIC FLOOR

Pelvic Floor Incontinence FREE/\$5 _____

SPANISH CLASSES

Beginner Spanish \$58/\$116 _____

Intermediate Spanish \$58/\$116 _____

Advanced Conversational Spanish \$58/\$116 _____

BALANCE CLASSES

Chair Balance \$72/\$144 _____

A Matter of Balance-Fall Prevention FREE _____

WHITEHALL CLASSES

Gentle Chair Yoga, Whitehall \$68/\$136 _____

Stretch & Strengthen, Whitehall \$72/\$144 _____

Tai Chi Exercise, Whitehall \$54/\$108 _____

COMPUTER CLASSES

Intro to Computer I, Richard Mannix \$30/\$60 _____

Intro to Computer II, Richard Mannix \$30/\$60 _____

Intro to Computer I, Andy Konnick \$30/\$60 _____

Intro to iPad & iPhone, Richard Mannix \$15/\$30 _____

CREATIVE ARTS / New Classes

Paint Pouring / New Classes & New Dates

May 10, Friday \$10/\$20 _____

May 13, Monday \$10/\$20 _____

May 24, Friday \$10/\$20 _____

June 7, Friday \$10/\$20 _____

June 10, Friday \$10/\$20 _____

June 21, Friday \$10/\$20 _____

June 24, Friday \$10/\$20 _____

Diamond Painting / New Classes & New Dates

May 1, Wednesday \$8/\$16 _____

May 9, Thursday \$8/\$16 _____

May 15, Wednesday \$8/\$16 _____

May 23, Thursday \$8/\$16 _____

May 29, Wednesday \$8/\$16 _____

June 5, Wednesday \$8/\$16 _____

June 12, Wednesday \$8/\$16 _____

June 19, Wednesday \$8/\$16 _____

June 26, Wednesday \$8/\$16 _____

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CREATIVE ARTS

Acrylic Painting	\$56/\$112	_____
Drawing Classes	\$49/\$98	_____
Paint and Sip		
May 8 / Beach	\$20/\$40	_____
June 5 / Lighthouse	\$20/\$40	_____

CREATIVE ARTS / PAY THE TEACHER PER CLASS:

Art for Everyone / Studio Arts / Daily Per class	\$3.50/\$7	_____
Ceramics Half Day Per class	\$4/\$4.75	_____
Ceramics All Day Per class	\$8/\$9.50	_____
Arts & Crafts Pay Teacher per class	\$1/\$2	_____

KNITTING CLASS / New Class

Beginning Knitting / New Class	\$9/\$18	_____
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TAP DANCE

Tap Dance / Advanced Beginner	\$21/\$42	_____
Tap Dance / Beginner	\$24/\$48	_____

LINE DANCE / New Class

Line Dance	\$36/\$72	_____
Beginner Line Dance / New Class	\$40/\$80	_____

TAI CHI

Tai Chi Exercise	\$54/\$108	_____
Chi Kung	\$45/\$90	_____
Traditional Tai Chi Advanced	\$33/\$66	_____
Traditional Tai Chi Beginner	\$21/\$42	_____
Traditional Tai Chi Intermediate	\$27/\$54	_____

RETRO AEROBICS

Retro Aerobics	\$36/\$72	_____
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PIYO FOR SENIORS

Piyo for Seniors	\$36/\$72	_____
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BARRE EXERCISE FOR SENIORS

Barre Exercise for Seniors	\$36/\$72	_____
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ZUMBA GOLD FITNESS

Zumba Gold Fitness	\$27/\$54	_____
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BANDS, BELLS, BALLS

Bands Bells Balls	\$48/\$96	_____
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STRETCH & STRENGTHEN

Stretch & Strengthen, 3 days per week	\$100/\$200	_____
Stretch & Strengthen, 2 days per week	\$72/\$144	_____

LOW IMPACT AEROBICS

Low Impact Aerobics, Elm Street	\$30/\$60	_____
Low Impact Aerobics, Orefield	\$34/\$68	_____

WATER AEROBICS

Water Aerobics at Muhlenberg Pool	\$5/\$10	_____
Sign up here / drop in / pay as you go, 10:00 am, M/W/F		
Lap Swim 9:30, am-10:00 am, M/W/F	\$1/\$2	_____
<u>FYI: SilverSneakers & Silver & Fit scan card plus \$1</u>		

YOGA CLASSES

Gentle Ashtanga Vinyasa Yoga, T/TH	\$77/\$154	_____
Gentle Ashtanga Vinyasa Yoga, Orefield	\$72/\$144	_____
Gentle Yoga, M/W	\$72/\$144	_____
Yoga Flow—cancelled class	\$36/\$72-CANCELLED	
Yoga Joints Glands, Wed.	\$24/\$48	_____
La La Yoga, Wed.	\$24/\$48	_____
Gentle Chair Yoga, W/F	\$72/\$144	_____

YOGA STRENGTH TRAINING

Yoga Strength Training, T/TH	\$68/\$136	_____
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SPIRITUAL DEVELOPMENT & MEDITATION

Spiritual Development & Meditation		
Session One:	\$80/\$160	_____

MOVIES

Green Book, May 8	\$2/\$4	_____
Second Act, May 22	\$2/\$4	_____
A Star is Born, June 12	\$2/\$4	_____
On the Basis of Sex, June 26	\$2/\$4	_____

BROADWAY TRIPS

King Kong, September 11	\$149	_____
Ain't Too Proud, September 11	\$139	_____
Aint Too Proud, October 2	\$139	_____
Come from Away, October 2	\$141	_____

TRIPS

Hollywood Casino, May 17	\$25	_____
Sight and Sound, Jesus & Lunch, Aug 20	\$105	_____
Dutch Apple, Finding Neverland, Aug 28	\$86	_____
NYC Cruise & Tour of NBC Studios, Sept 18	\$125	_____

Finger Lakes, May 20-22 (CANCELLED) \$489—CANCELLED

Montreal & Quebec City, Sept 29-Oct 3	\$739	_____
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PASSPORT REQUIRED

JULY-AUGUST 2019; 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.

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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

HISTORY LECTURES

Daring Missions in WWII \$6/\$12 _____

The Presidents Children \$6/\$12 _____

SPANISH CLASSES

Beginner Spanish \$58/\$116 _____

Intermediate Spanish \$58/\$116 _____

Advanced Conversational Spanish \$58/\$116 _____

BALANCE CLASSES

Chair Balance \$68/\$136 _____

A Matter of Balance-Fall Prevention FREE _____

COMPUTER CLASSES

Intro to Computer II, Andy Konnick \$30/\$60 _____

WHITEHALL CLASSES

Gentle Chair Yoga, Whitehall \$68/\$136 _____

Stretch & Strengthen, Whitehall \$72/\$144 _____

Tai Chi Exercise, Whitehall \$54/\$108 _____

CREATIVE ARTS / New Classes

PAINT POURING / New Classes & New Dates

July 12, Friday \$10/\$20 _____

July 19, Friday \$10/\$20 _____

July 26, Friday \$10/\$20 _____

August 2, Friday \$10/\$20 _____

August 9, Friday \$10/\$20 _____

August 16, Friday \$10/\$20 _____

August 23, Friday \$10/\$20 _____

August 30, Friday \$10/\$20 _____

DIAMOND PAINTING / New Classes & New Dates

July 10, Wednesday \$8/\$16 _____

July 17, Wednesday \$8/\$16 _____

July 24, Wednesday \$8/\$16 _____

August 7, Wednesday \$8/\$16 _____

August 14, Wednesday \$8/\$16 _____

August 21, Wednesday \$8/\$16 _____

August 28, Wednesday \$8/\$16 _____

CREATIVE ARTS

Acrylic Painting \$56/\$112 _____

Drawing Classes \$49/\$98 _____

Paint and Sip

July 10 / Daisies \$20/\$40 _____

August 14 / Sunflower \$20/\$40 _____

LVAL CLASS REGISTRATION FORM: July-August 2019, PAGE TWO

CREATIVE ARTS / PAY THE TEACHER PER CLASS:

Art for Everyone / Studio Arts / Daily	Per class \$3.50/\$7	_____
Ceramics	Half Day Per class \$4/\$4.75	_____
Ceramics	All Day Per class \$8/\$9.50	_____
Arts & Crafts	Pay Teacher per class \$1/\$2	_____

KNITTING CLASSES / New Class

Beginning Lace Knitting / New Class	\$9/\$18	_____
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TAP DANCE

Tap Dance / Advanced Beginner	\$27/\$54	_____
Tap Dance / Beginner	\$27/\$54	_____

LINE DANCE / New Classes

Line Dance	\$36/\$72	_____
Beginner Line Dance / New Class	\$36/\$72	_____

TAI CHI

Tai Chi Exercise	\$54/\$108	_____
Chi Kung	\$45/\$90	_____
Traditional Tai Chi Advanced	\$43/\$86	_____
Traditional Tai Chi Beginner	\$27/\$54	_____
Traditional Tai Chi Intermediate	\$27/\$54	_____

RETRO AEROBICS

Retro Aerobics	\$36/\$72	_____
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PIYO FOR SENIORS

Piyo for Seniors	\$36/\$72	_____
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BARRE EXERCISE FOR SENIORS

Barre Exercise for Seniors	\$36/\$72	_____
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ZUMBA GOLD FITNESS

Zumba Gold Fitness	\$24/\$48	_____
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BANDS, BELLS, BALLS

Bands Bells Balls	\$51/\$102	_____
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STRETCH & STRENGTHEN

Stretch & Strengthen, 3 days per week	\$108/\$216	_____
Stretch & Strengthen, 2 days per week	\$72/\$144	_____

LOW IMPACT AEROBICS

Low Impact Aerobics, Elm Street	\$36/\$72	_____
Low Impact Aerobics, Orefield	\$34/\$68	_____

WATER AEROBICS

Water Aerobics at Muhlenberg Pool	\$5/\$10	_____
Sign up here / drop in / pay as you go, 10:00 am, M/W/F		
Lap Swim 9:30, am-10:00 am, M/W/F	\$1/\$2	_____
<u>FYI: SilverSneakers & Silver & Fit scan card plus \$1</u>		

YOGA CLASSES

Gentle Ashtanga Vinyasa Yoga, T/TH	\$77/\$154	_____
Gentle Ashtanga Vinyasa Yoga, Orefield	\$81/\$162	_____
Gentle Yoga, M/W	\$81/\$162	_____
Yoga Flow—cancelled class	\$36/\$72-CANCELLED	
Yoga Joints Glands, Wed.	\$27/\$54	_____
La La Yoga, Wed.	\$27/\$54	_____
Gentle Chair Yoga, W/F	\$68/\$136	_____

YOGA STRENGTH TRAINING

Yoga Strength Training, T/TH	\$68/\$136	_____
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SPIRITUAL DEVELOPMENT & MEDITATION

Spiritual Development & Meditation		
Session Two:	\$80/\$160	_____

MOVIES

Mary Poppins Returns, July 10	\$2/\$4	_____
The Wife, July 24	\$2/\$4	_____
Instant Family, August 14	\$2/\$4	_____
BlackKlansman, August 28	\$2/\$4	_____

BROADWAY TRIPS

King Kong, September 11	\$149	_____
Ain't Too Proud, September 11	\$139	_____
Aint Too Proud, October 2	\$139	_____
Come from Away, October 2	\$141	_____

TRIPS

Sight and Sound, Jesus & Lunch, Aug 20	\$105	_____
Dutch Apple, Finding Neverland, Aug 28	\$86	_____
NYC Cruise & Tour of NBC Studios, Sept 18	\$125	_____

Finger Lakes, May 20-22 (cancelled) \$489—CANCELLED

Montreal & Quebec City, Sept 29-Oct 3	\$739	_____
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PASSPORT REQUIRED