

**SEPTEMBER-OCTOBER 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. First class is always free to help you find your perfect class!

**POLICY:** No one is ever turned away because of inability to pay. Show your SilverSneakers, Active & Fit, or Silver & Fit card each year to renew your membership. Please always register for classes!

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 \_\_\_\_\_ MEMBER: YES NO

SILVERSNEAKERS NUMBER \_\_\_\_\_

ACTIVE & FIT / OR / SILVER & FIT NUMBER \_\_\_\_\_

ADDRESS (Street, City, Zip) \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_ TEL. NO. \_\_\_\_\_ CELL NO. \_\_\_\_\_

**COOKING**

Cooking Delicious One Pot Wonders, 9/18 \$5/\$10 \_\_\_\_\_

**LEGACY PLANNING**

Legacy with Intention and Purpose, 10/11 FREE/\$5 \_\_\_\_\_

**GENEALOGY RESEARCH**

Find out who and where, ongoing, Fridays FREE/\$5 \_\_\_\_\_

**SPANISH CLASSES**

Beginner Spanish, 9/16-Oct/28 \$44/\$88 \_\_\_\_\_

Intermediate Spanish, 9/16-10/28 \$44/\$88 \_\_\_\_\_

Advanced Conversational Spanish, 9/16-10/28 \$44/\$88 \_\_\_\_\_

**DIABETES OR PRE-DIABETES**

Stanford Univ. Six-week Program, 10/10-11/14 FREE \_\_\_\_\_

**HEALTHY STEPS IN MOTION**

Goals of Healthy Steps Education & Exercise, 9/24-11/21 FREE \_\_\_\_\_

**A MATTER OF BALANCE**

A Matter of Balance-Fall Prevention, 9/9-11/4 FREE \_\_\_\_\_

**WHITEHALL CLASSES**

Gentle Chair Yoga, Whitehall, 9/3-10/31 \$72/\$144 \_\_\_\_\_

Stretch & Strengthen, Whitehall, 9/4-10/30, \$68/\$136 \_\_\_\_\_

Tai Chi Exercise, Whitehall, 9/3-10/29 \$51/\$102 \_\_\_\_\_

**COMPUTER CLASSES**

Intro to Computer I, Richard Mannix, 10/7-18 \$30/\$60 \_\_\_\_\_

Intro to Computer II, Richard Mannix, 10/28-11/8 \$30/\$60 \_\_\_\_\_

Intro to iPad & iPhone, 10/24-31, Richard Mannix \$15/\$30 \_\_\_\_\_

**CREATIVE ARTS**

**Diamond Painting / New Classes & New Dates**

Sept. 4, Wednesday \$8/\$16 \_\_\_\_\_

Sept. 9, Monday \$8/\$16 \_\_\_\_\_

Sept. 11, Wednesday \$8/\$16 \_\_\_\_\_

Sept. 16, Monday \$8/\$16 \_\_\_\_\_

Sept. 18, Wednesday \$8/\$16 \_\_\_\_\_

Sept. 23, Monday \$8/\$16 \_\_\_\_\_

Sept. 25, Wednesday \$8/\$16 \_\_\_\_\_

Sept. 30, Monday \$8/\$16 \_\_\_\_\_

Oct. 2, Wednesday \$8/\$16 \_\_\_\_\_

Oct. 7, Monday \$8/\$16 \_\_\_\_\_

Oct. 9, Wednesday \$8/\$16 \_\_\_\_\_

Oct. 14, Monday \$8/\$16 \_\_\_\_\_

Oct. 16, Wednesday \$8/\$16 \_\_\_\_\_

Oct. 23, Wednesday \$8/\$16 \_\_\_\_\_

Oct. 28, Monday \$8/\$16 \_\_\_\_\_

Oct. 30, Wednesday \$8/\$16 \_\_\_\_\_

# LVAL CLASS REGISTRATION FORM: SEPTEMBER-OCTOBER 2019, PAGE TWO

## CREATIVE ARTS

Acrylic Painting, 9/4-10/30	\$63/\$126	_____
Drawing Class, Session 1, 9/9-10/28	\$49/\$98	_____
Paint and Sip		
Sept. 4, Pumpkin Canvas	\$20/\$40	_____
Oct 9, Sunflower Tote Bag	\$20/\$40	_____

## TAP DANCE

Tap Dance / Advanced Beginner, 9/16-10/28	\$18/\$36	_____
Tap Dance / Beginner, 9/17-10/29	\$18/\$36	_____

## LINE DANCE

Line Dance, 9/9-10/28	\$32/\$64	_____
Beginner Line Dance NEW, 9/5-10/31	(First Session Cancelled)	

## SWING DANCE / NEW CLASS

Swing Dance, 9/5-10/31 (First Session Cancelled)

## TAI CHI

Tai Chi Exercise, 9/4-10/30	\$51/\$102	_____
Chi Kung, 9/4-10/30	\$45/\$90	_____
Traditional Tai Chi Advanced, 9/9-10/28	\$35/\$70	_____
Traditional Tai Chi Beginner, 9/9-10/28	\$21/\$42	_____
Traditional Tai Chi Intermediate, 9/6-10/25	\$24/\$48	_____

## RETRO AEROBICS

Retro Aerobics, 9/6-10/25	\$32/\$64	_____
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## PIYO

PIYO, 9/6-10/25	\$32/\$84	_____
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## BARRE EXERCISE

Barre Exercise for Conditioning, 9/6-10/25	\$32/\$64	_____
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## ZUMBA GOLD

Zumba Gold Fitness, 9/5-10/31	\$27/\$54	_____
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## BANDS, BELLS, BALLS

Bands Bells Balls , 9/3-10/29	\$24/\$48	_____
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## LOW IMPACT AEROBICS

Low Impact Aerobics, Elm Street, 9/4-10/30	\$32/\$64	_____
Low Impact Aerobics, Orefield, 9/3-10/31	\$36/\$72	_____

## STRETCH & STRENGTHEN YOGA

Stretch & Strengthen Yoga, 3 x week, 9/4-10/30	\$90/\$180	_____
Stretch & Strengthen Yoga, 2 x week, 9/4-10/30	\$60/\$120	_____

## 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	_____
<b><u>FYI: SilverSneakers &amp; Silver &amp; Fit scan card plus \$1</u></b>		

## YOGA CLASSES

Modified Ashtanga Yoga, T/TH, 9/3-10/31	\$68/\$136	_____
Modified Ashtanga Yoga, Orefield, 9/4-10/30	\$68/\$136	_____
Gentle Yoga, M/W, 9/4-10/30	\$64/\$128	_____
La La Yoga, Wed., 9/4-10/30	\$27/\$54	_____

## CHAIR YOGA

Yoga-Joints-Glands, Wed., 9/4-10/30	\$27/\$54	_____
Gentle Chair Yoga, W/F, 9/4-10/30	\$68/\$136	_____
Chair Balance Yoga, W/F, 9/4-10/30	\$68/\$136	_____

## STRENGTH TRAINING YOGA

Strength Training Yoga, T/TH, 9/3-10/31	\$68/\$136	_____
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## HISTORY LECTURES—WORLD WAR HISTORY

Convoy PQ17, 9/18	\$6/\$12	_____
Seabees & Army Combat Engineers, 10/16	\$6/\$12	_____

## SPIRITUAL DEVELOPMENT-MEDITATION

Session One: 9/4-10/23	\$80/\$160	_____
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## MOVIES

Stan and Ollie, 9/11	\$2/\$4	_____
Rocket Man, 9/25	\$2/\$4	_____
Breakthrough, 10/9	\$2/\$4	_____
Late Night, 10/23	\$2/\$4	_____

## BROADWAY TRIPS, 2019

Ain't Too Proud, September 11	\$131	_____
To Kill a Mockingbird, December 4	\$141	_____

## TRIPS, 2019

NYC Cruise & Tour of NBC Studios, Sept 18	\$125	_____
Hollywood Casino, September 20	\$25	_____

## COMING IN 2020 TRIPS-DETAILS TO FOLLOW

Virginia Beach, September 13-17, 2020, \$639 dbl/\$829 single \_\_\_\_\_

Canada & New England, May 2020 PASSPORT REQUIRED  
or Panama Canal, October 2020 PASSPORT REQUIRED

On Norwegian Dawn, PASSPORT REQUIRED

**NOVEMBER-DECEMBER 2019; LVAL CLASS REGISTRATION FORM**

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ADDRESS (Street, City, Zip) \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_ TEL. NO. \_\_\_\_\_ CELL NO. \_\_\_\_\_

**COOKING**

Cooking Let's Give Thanks, 11/6 \$5/\$10 \_\_\_\_\_

**GENEALOGY RESEARCH**

Find out who and where, ongoing, Fridays FREE/\$5 \_\_\_\_\_

**SPANISH CLASSES**

Beginner Spanish, 11/4-12/16 \$51/\$102 \_\_\_\_\_

Intermediate Spanish, 11/4-12/16 \$51/\$102 \_\_\_\_\_

Advanced Conversational Spanish, 11/4-12/16 \$51/\$102 \_\_\_\_\_

**PELVIC FLOOR**

What is going on down there? 11/21 FREE/\$5 \_\_\_\_\_

**COMPUTER CLASSES**

Intro to Computer I, Andy Konnick, 11/6-22 \$30/\$60 \_\_\_\_\_

Intro to Computer II, Andy Konnick, 12/4-20 \$30/\$60 \_\_\_\_\_

**WHITEHALL CLASSES**

Gentle Chair Yoga, Whitehall, Nov 5/ Dec 19 \$52/\$104 \_\_\_\_\_

Stretch & Strengthen, Whitehall, Nov 6-Dec 20, \$52/\$104 \_\_\_\_\_

Tai Chi Exercise, Whitehall, Nov 1-Dec 20 \$42/\$84 \_\_\_\_\_

**CREATIVE ARTS**

**Diamond Painting / New Classes & New Dates**

Nov. 4, Monday \$8/\$16 \_\_\_\_\_

Nov. 6, Wednesday \$8/\$16 \_\_\_\_\_

Nov. 11, Monday \$8/\$16 \_\_\_\_\_

Nov. 13, Wednesday \$8/\$16 \_\_\_\_\_

Nov. 18, Monday \$8/\$16 \_\_\_\_\_

Nov. 20, Wednesday \$8/\$16 \_\_\_\_\_

Nov. 25, Monday \$8/\$16 \_\_\_\_\_

Nov. 27, Wednesday \$8/\$16 \_\_\_\_\_

Dec. 2, Monday \$8/\$16 \_\_\_\_\_

Dec. 4, Wednesday \$8/\$16 \_\_\_\_\_

Dec. 9, Monday \$8/\$16 \_\_\_\_\_

Dec. 11, Wednesday \$8/\$16 \_\_\_\_\_

Dec. 16, Monday \$8/\$16 \_\_\_\_\_

Dec. 18, Wednesday \$8/\$16 \_\_\_\_\_

Dec. 23, Monday \$8/\$16 \_\_\_\_\_

Dec. 30, Monday \$8/\$16 \_\_\_\_\_

**CREATIVE ARTS**

**Acrylic Painting, 11/6-12/18 \$49/\$98 \_\_\_\_\_**

**Drawing Classes, Session 2, 11/4-12/16 \$49/\$98 \_\_\_\_\_**

**Paint and Sip**

Nov. 13, Sweet Apron \$25/\$50 \_\_\_\_\_

Dec 11, Snowman Wine Glasses \$20/\$40 \_\_\_\_\_

**LVAL CLASS REGISTRATION FORM: NOVEMBER-DECEMBER 2019, PAGE TWO****TAP DANCE**

Tap Dance / Advanced Beginner, 11/4-12/16 \$21/\$42 \_\_\_\_\_  
 Tap Dance / Beginner, 11/5-12/17 \$21/\$42 \_\_\_\_\_

**LINE DANCE**

Line Dance, 11/4-12/23 \$36/\$72 \_\_\_\_\_  
 Beginner Line Dance NEW, 11/7-12/19 \$27/\$54 \_\_\_\_\_

**SWING DANCE / NEW CLASS**

Swing Dance, 11/7-12/19 \$24/\$48 \_\_\_\_\_

**TAI CHI**

Tai Chi Exercise, 11/1-12/20 \$42/\$84 \_\_\_\_\_  
 Chi Kung, 11/6-12/18 \$35/\$70 \_\_\_\_\_  
 Traditional Tai Chi Advanced, 11/4-12/23 \$40/\$80 \_\_\_\_\_  
 Traditional Tai Chi Beginner, 11/4-12/23 \$24/\$48 \_\_\_\_\_  
 Traditional Tai Chi Intermediate, 11/1-12/20 \$21/\$42 \_\_\_\_\_

**RETRO AEROBICS**

Retro Aerobics, 11/1-12/20 \$28/\$56 \_\_\_\_\_

**PIYO**

PIYO, 11/1-12/20 \$28/\$56 \_\_\_\_\_

**BARRE EXERCISE**

Barre Exercise for Conditioning, 11/1-12/20 \$28/\$56 \_\_\_\_\_

**ZUMBA GOLD**

Zumba Gold Fitness, 11/7-12/19 \$18/\$36 \_\_\_\_\_

**BANDS, BELLS, BALLS**

Bands Bells Balls , 11/5-12/17 \$21/\$42 \_\_\_\_\_

**LOW IMPACT AEROBICS**

Low Impact Aerobics, Elm Street, 11/4-12/18, \$28/\$56 \_\_\_\_\_  
 Low Impact Aerobics, Orefield, 11/5-12/19 \$26/\$52 \_\_\_\_\_

**STRETCH & STRENGTHEN YOGA**

Stretch & Strengthen Yoga, 3 x week, 11/1-12/20 \$79/\$158 \_\_\_\_\_  
 Stretch & Strengthen Yoga, 2 x week, 11/1-12/20 \$53/\$106 \_\_\_\_\_

**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 \_\_\_\_\_

**FYI: SilverSneakers & Silver & Fit scan card plus \$1**

**YOGA**

Modified Ashtanga Yoga, T/TH, 11/5-12/19 \$52/\$104 \_\_\_\_\_  
 Modified Ashtanga Yoga, Orefield, 11/4-12/18, \$56/\$112 \_\_\_\_\_  
 Gentle Yoga, M/W, 11/4-12/18 \$56/\$112 \_\_\_\_\_  
 La La Yoga, Wed., 11/6-12/18 \$21/\$42 \_\_\_\_\_

**CHAIR YOGA**

Yoga-Joints-Glands, Wed., 11/6-12/18 \$21/\$42 \_\_\_\_\_  
 Gentle Chair Yoga, W/F, 11/1-12/20 \$56/\$112 \_\_\_\_\_  
 Chair Balance Yoga, W/F, 11/1-12/20 \$56/\$112 \_\_\_\_\_

**STRENGTH TRAINING YOGA**

Strength Training Yoga, T/TH, 11/5-12/19 \$52/\$104 \_\_\_\_\_

**HISTORY LECTURES—WORLD WAR HISTORY**

The Lost Battalion of WWII, 11/20 \$6/\$12 \_\_\_\_\_  
 The Myth of Pearl Harbor, 12/18 \$6/\$12 \_\_\_\_\_

**SPIRITUAL DEVELOPMENT-MEDITATION**

Session Two: 10/30-12/18 \$80/\$160 \_\_\_\_\_

**OPERA**

Aida-Verdi, 11/15 \$3/\$6 \_\_\_\_\_  
 La Cenerentola (Cinderella)-Rossini, 12/20 \$3/\$6 \_\_\_\_\_

**MOVIES**

Favourite, 11/13 \$2/\$4 \_\_\_\_\_  
 A Dog's Way Home, 11/27 \$2/\$4 \_\_\_\_\_  
 Yesterday, 12/11 \$2/\$4 \_\_\_\_\_

**BROADWAY TRIPS, 2019**

Ain't Too Proud, September 11 \$131 \_\_\_\_\_  
 To Kill a Mockingbird, December 4 \$141 \_\_\_\_\_

**TRIPS, 2019**

NYC Cruise & Tour of NBC Studios, Sept 18 \$125 \_\_\_\_\_  
 Hollywood Casino, September 20 \$25 \_\_\_\_\_

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