

JAN-FEB 2020 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, Master-Card, 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. _____

<u>Creative Arts</u>	<u>Total \$</u>	<u>Date(s)</u>
ACRYLIC 1/8 – 2/26 \$56/\$112	_____	_____
CERAMICS Half Day: \$4/\$4.75	_____	_____
CERAMICS All Day: \$8/\$9.50	_____	_____
DIAMOND PAINTING \$8/\$16	_____	_____
DRAWING CLASSES		
BEGINNER LEVEL Session 1		
1/6 – 2/24 \$56/\$112	_____	_____
KNIT AND CHAT GROUP Thursdays		
Free/\$5	_____	_____
ARTS & CRAFTS Mon. & Wed. \$1/\$2	_____	_____
QUILTING & SEWING		
Tuesdays and Thursdays, Free	_____	_____
PAINT AND SIP Wednesdays \$20/\$40	_____	_____
Dances & Dancing		
TAP DANCE CLASSES		
TAP DANCE – Advanced Beginner		
Mondays 1/6 - 2/24 \$24/\$48	_____	_____
BEGINNING SWING DANCE		
Thursdays 1/9 - 2/27 \$32/\$64	_____	_____
TAP DANCE – True Beginners		
Tuesdays_1/7 - 2/25 \$24/\$48	_____	_____
TAP DANCE – Beginners Tuesdays		
1/7 - 2/25 \$24/\$48	_____	_____
Education		
RED CROSS AND YOU! 1/23 FREE	_____	_____
OPERATION PROTECT VETERANS		
1/9 FREE	_____	_____
BEGINNER SPANISH Mondays		
1/6 - 2/24 \$58/\$116	_____	_____

<u>INTERMEDIATE SPANISH</u> Mondays	<u>Total \$</u>	<u>Date(s)</u>
1/6 - 2/24 \$58/\$116	_____	_____
ADVANCED CONVERSATIONAL		
SPANISH Mondays 1/6 - 2/24 \$58/\$116	_____	_____
WORLD WAR HISTORY The Falaise		
Pocket 1/15 \$6/\$12	_____	_____
The Resistance 2/19 \$6/\$12	_____	_____
Intro to Computers 1 Windows 10		
1/13 - 1/24 \$30/\$60	_____	_____
Intro to Computers 2 Windows 10		
1/27 - 2/7 \$30/\$60	_____	_____
iPad/iPhone		
1/27, 29, 30 \$15/\$30	_____	_____
PC Maintenance		
2/7 \$6/\$13	_____	_____
Movies \$2/\$4		
Harriet February 12	_____	_____
Ocean's 8 February 26	_____	_____
Fitness		
CHAIR BALANCE YOGA -Elm St.		
Wed., Fri. 1/3 - 2/28 \$53/\$106	_____	_____
CHI KUNG Wednesdays		
1/8 - 2/26 \$40/\$80	_____	_____
STRONG & FIT CIRCUIT Tuesdays		
1/7 - 2/25 \$21/\$42	_____	_____
GENTLE CHAIR YOGA – Elm Street		
Wed., Fri. 1/8 - 2/28 \$53/\$106	_____	_____
GENTLE YOGA –Elm Street, a.m.		
Mon., Wed. 1/6 - 2/26 \$64/\$128	_____	_____
LOW IMPACT AEROBICS Mon., Wed.		
1/6 - 2/26 \$32/\$64	_____	_____

OREFIELD LOW IMPACT AEROBICS

Tues., Thurs. 1/7 - 2/27 \$32/\$64

MODIFIED ASHTANGA YOGA—Elm Street

Tues., Thurs. 1/7 - 2/27 \$56/\$112

MODIFIED ASHTANGA YOGA- Orefield

Mon., Wed. 1/6 - 2/26 \$64/\$128

PIYO Fridays 1/3 - 2/28 \$36/\$72

RETRO AEROBICS Fridays 1/3 - 2/28 \$36/\$72

STRENGTH TRAINING YOGA

(Chair Class) 1/7 - 2/27 \$53/\$106

STRETCH AND STRENGTHEN YOGA

(Chair Class) **SESSION ONE** Mon.,

Wed., Fri. - Any TWO Classes

1/6 - 2/28 \$60/\$120

STRETCH AND STRENGTHEN YOGA

(Chair Class) **SESSION ONE** Mon.,

Wed., Fri. 1/6 - 2/28 \$90/\$180

TAI CHI EXERCISE Wed., Fri, 1/8 - 2/28

\$48/\$96

TAI CHI EXERCISE-WHITEHALL

Tuesdays/Fridays 1/7 - 2/28 \$48/\$96

TRADITIONAL TAI CHI-Elm Street

ADVANCED TRADITIONAL TAI CHI

Mondays 1/6 - 2/24 \$40/\$80

BEGINNER TRADITIONAL TAI CHI

Mondays 1/6 - 2/24 \$24/\$48

WATER AEROBICS EXERCISE CLASS Mon.,

Wed., Fri. \$5/\$10

"The floaters club-freestyle swim"

\$1/\$2

YOGA FOR YOUR DEVINE SPINE

Wednesdays 1/8 - 2/26 \$32/\$64

YOGA WITH YOU IN MIND

Wednesdays 1/8 - 2/26 \$32/\$64

ZUMBA GOLD ®

Tuesdays 1/7 - 2/25 \$24/\$48

BARRE EXERCISES FOR CONDITIONING

Fridays 1/10 - 2/28 \$32/\$64

ZUMBA GOLD® Thursdays

1/9 - 2/27 \$24/\$48

Health

BLOOD PRESSURE CHECK

1/13, 2/10, 4/13 FREE

"MATTER OF BALANCE" - FALL

PREVENTION Mondays 1/6 - 3/2 FREE

Music

LET'S SING IN GERMAN A FEW SELECTE

VOLKSLIEDERS

Session I Thursdays

1/16, 1/23, 1/30 \$5/\$10

"An Afternoon at the OPERA" Fridays

1/17 \$3/\$6

Norma - Bellini Friday

2/21 \$3/\$6

CHORUS - "Good Vibrations"-Elm

Street Mondays 1/6 - 4/27 FREE

ELM STREET JAZZ WORKSHOP

Fridays FREE

LATIN SALSA BAND Tuesdays FREE

LEHIGH VALLEY POPS ORCHESTRA

Thursdays FREE

CHORUS - "Good Vibrations"

Elm Street Mondays 1/6 -4/27 FREE

Personal Growth

SPIRITUAL DEVELOPMENT/MEDITATION

SESSION 1 Wednesdays

Jan 8- Truth

Jan 15 - Happiness

Jan 22 - Angels

Jan 29 - Balance

Feb 5 - Releasing Fear, Doubt, and Worry

Feb 12 - Opening your Heart

Feb 19 - Your Inner Light

Feb 26 - Connecting to your Divine Guidance

\$80/\$160

Freedom \$80/\$160

UNIVERSAL AWARENESS

Jan 6 - Energy, "creating healing thoughts" and Chakras: How they work

Jan 13 - Astrology and healing and

angels: each person has one

Jan 20 - Reflexology/hand and

meditation vs imagery

Jan 27 - Crystals - tips for spiritual

grief and healing

Feb 3 - Working with your M.D. with

spiritual help and laughter, the bi medicine

Feb 10 - The shaman in you and

east meets west: holistic therapies

Feb 17 - Aging gracefully through

spiritual modalities and fairy magic

Feb 24 - Natural foods for optimal

health and the soul: where is it? \$65/\$130

GENEALOGY-FIND OUT WHO YOU

ARE & FROM WHERE YOU CAME

Fridays FREE/\$5

Whitehall Classes

GENTLE CHAIR YOGA CLASSES-Whitehall

Tuesdays & Thursdays

1/2 - 2/27 \$52/\$104

STRETCH AND STRENGTHEN-Whitehall

Wednesdays & Fridays

1/3 - 2/28 \$53/\$106

MAR-APR 2020 LVAL CLASS REGISTRATION FORM

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Name _____ member: Yes No

Silversneakers Number _____

Active & Fit / Or / Silver & Fit Number _____

Address (Street, City, Zip) _____

Today's Date _____ tel. No. _____ Cell No. _____

Creative Arts

ACRYLIC 3/11 - 4/29 \$56/\$112 _____

CERAMICS Half Day: \$4/\$4.75 _____

CERAMICS All Day: \$8/\$9.50 _____

DIAMOND PAINTING \$8/\$16 _____

DRAWING CLASSES

BEGINNER LEVEL Session 2
 3/9 - 4/27 \$56/\$112 _____

KNIT AND CHAT GROUP Thursdays
 Free/\$5 _____

ARTS & CRAFTS Mon. & Wed. \$1/\$2 _____

QUILTING & SEWING

Tuesdays and Thursdays, Free _____

PAINT AND SIP Wednesdays \$20/\$40 _____

Dances & Dancing

TAP DANCE CLASSES

TAP DANCE - Advanced Beginner,
Mondays 3/9 - 4/27 \$24/\$48 _____

BEGINNING SWING DANCE Thursdays
 3/12 - 4/30 \$32/\$64 _____

TAP DANCE - True Beginners Tuesdays
 3/10 - 4/28 \$24/\$48 _____

TAP DANCE - Beginners Tuesdays
 3/10 - 4/28 \$24/\$48 _____

Education

BEGINNER SPANISH Mondays
 3/9 - 4/27 \$58/\$116 _____

INTERMEDIATE SPANISH Mondays
 3/9 - 4/27 \$58/\$116 _____

ADVANCED CONVERSATIONAL

SPANISH Mondays 3/9 - 4/27 \$58/\$116 _____

The Messerschmitt 262 and the

Gloster Meteor 3/18 \$6/\$12 _____

Biak Noemfoor and Sansapor
 4/15 \$6/\$12 _____

Election

Candidate's Day at Lehigh Valley Active Life
 4/21, 4/28 FREE _____

Entertainment - Movies \$2/\$4

The Good Liar March 11 _____

Downton Abbey March 25 _____

A Beautiful Day in the Neighborhood
 April 8 _____

Mama Mia! Here We Go Again April 22 _____

Fitness

CHAIR BALANCE YOGA -Elm St.
 Wed., Fri. 3/11 - 4/29 \$53/\$106 _____

CHI KUNG Wednesdays
 3/11 - 4/29 \$40/\$80 _____

STRONG & FIT CIRCUIT Tuesdays
 3/10 - 4/28 \$21/\$42 _____

GENTLE CHAIR YOGA - Elm Street
 Wed., Fri. 3/11 - 4/29 \$53/\$106 _____

GENTLE YOGA -Elm Street, a.m.
 Mon., Wed. 3/9 - 4/29 \$64/\$128 _____

LOW IMPACT AEROBICS Mon., Wed.
 3/9 - 4/29 \$32/\$64 _____

OREFIELD LOW IMPACT AEROBICS
 Tues., Thurs. 3/10 - 4/30 \$32/\$64 _____

MODIFIED ASHTANGA YOGA—Elm Street
 Tues., Thurs. 3/10 - 4/30 \$56/\$112

MODIFIED ASHTANGA YOGA- Orefield
 Mon., Wed. 3/9 - 4/29 \$56/\$112

PIYO Fridays 3/13 - 4/24 \$24/\$48

RETRO AEROBICS Fridays 3/13 - 4/24
 \$24/\$48

STRENGTH TRAINING YOGA
 3/10 - 4/30 \$53/\$106

STRETCH AND STRENGTHEN YOGA
SESSION TWO Mon., Wed., Fri. - Any
 TWO Classes 3/9 - 4/29 \$60/\$120

STRETCH AND STRENGTHEN YOGA
SESSION TWO Mon., Wed., Fri.
 3/9 - 4/29 \$83/\$166

TAI CHI EXERCISE Wed., Fri,
 3/11 - 4/29 \$42/\$84

TAI CHI EXERCISE-WHITEHALL
Whitehall; Tuesdays/Fridays
 3/10 - 4/28 \$42/\$84

ADVANCED TRADITIONAL TAI CHI
 Mondays 3/9 - 4/27 \$40/\$80

BEGINNER TRADITIONAL TAI CHI
 Mondays 3/9 - 4/27 \$24/\$48

WATER AEROBICS EXERCISE CLASS
Mon., Wed., Fri. \$5/\$10

"The floaters club-freestyle swim"
 \$1/\$2

YOGA FOR YOUR DEVINE SPINE
 Wednesdays 3/11 - 4/29 \$32/\$64

YOGA WITH YOU IN MIND
 Wednesdays 3/11 - 4/29 \$32/\$64

ZUMBA GOLD ® Tuesdays
 3/10 - 4/28 \$24/\$48

BARRE EXERCISES FOR CONDITIONING
 Fridays 3/6 - 4/24 \$28/\$56

ZUMBA GOLD® Thursdays
 3/12 - 4/30 \$24/\$48

Health

BLOOD PRESSURE CHECK
 1/13, 2/10, 4/13 FREE

"MATTER OF BALANCE"

FALL PREVENTION Mon 1/6 - 3/2 FREE

Music

LET'S SING IN GERMAN A FEW
SELECTE VOLKSLIEDERS

Session II 4/16, 4/23, 4/30 \$5/\$10

Mefistofele - Boito Friday
 3/20 \$3/\$6

Cosi Fan Tutte Friday 4/17 \$3/\$6

CHORUS - "Good Vibrations"-Elm St
 Mondays 1/6 - 4/27 FREE

ELM STREET JAZZ WORKSHOP
 Fridays FREE

LATIN SALSA BAND Tuesdays FREE

LEHIGH VALLEY POPS ORCHESTRA

Thursdays FREE

CHORUS - "Good Vibrations"

Elm Street Mondays 1/6 -4/27 FREE

Personal Growth

SPIRITUAL DEVELOPMENT/MEDITATION

SESSION 2 Wednesdays

March 11 - Self-Empowerment

March 18 - Raising your Vibration

March 25 - Our Animal Guides

April 1 - Self Love

April 8 - Meeting your Higher Self

April 15 -Breath of Life/Breath of Love

April 22 - Chakra Balancing

April 29 - Happiness and Freedom

\$80/\$160

GENEALOGY-FIND OUT WHO YOU

ARE & FROM WHERE YOU CAME

Fridays FREE/\$5

Whitehall Classes

GENTLE CHAIR YOGA CLASSES

Tuesdays & Thursdays

3/10 - 4/30 \$52/\$104

STRETCH AND STRENGTHEN-Whitehall

Wednesdays & Fridays

3/11 - 4/29 \$53/\$106